**WHAT kind of activity?**

**Self help group**

Participants were suggested to use the group also as a container, whose parts were able to listen about their stories and to give emotional support and eventually advices.

For this reason an activity was to meet all together in a room for some encounters, and simply share their stories.

Participants of the group had the possibility to help each other, sharing their resilience experiences and their empowerment during the treatments or the grief.

In fact 3 patients told about their long cancer stories, (for 20, 18 and 15 years) sharing their perseverance, their strength and positive attitude. That brought hope to other patients and to caregivers who was taking care of a relative with cancer.

**WHO**

At this event all the participants were. 15 people in total, in particular:
- 4 caregivers
- 3 volunteers
- 4 patients
- 2 facilitators (psychologists),
- 2 apprentices

**WHERE**

ANT Foundation Institute, in a separate room. The room was quite big to smoothly host 10 people sitting in a circle.

**WHEN**

- 24th of January 2018
- 7th of February 2018
- 21st of February 2018
- 77th of March 2018
- 21st of March 2018
- 4th of April 2018
- 18th of April 2018
- 16th of May 2018