



*The Beth C. Wright Cancer Resource Center provides comprehensive support services for all cancer patients in our community at no charge, and appreciates the generosity of our donors who make it all possible
Helping patients and their families deal with the complexities of cancer!*

Our Mission

To offer hope, knowledge, and support to cancer patients, their families, caregivers, and friends by providing a source of information, social services, and compassion through all stages of the cancer journey.

Visit our
Website

Mid-November 2023

Updates and reminders

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 - Stress Reduction for the Holidays: Mindfulness Practice
 - Prostate Cancer Support Group rescheduled
 - Happy Thanksgiving!
-

We Have Lift-Off!

**Our SeedMoney Campaign
has Launched. Your
Support TODAY
Can Send it
Skyward!**

#SeedMoneyChallenge



The Beth C. Wright Cancer Resource Center garden project is participating in the #SeedMoneyChallenge, a 30-day fundraising challenge and we could really use your support TODAY! In addition to keeping 100% of the funds we raise from individuals like you, we have a chance to win a challenge grant of up to \$1000 from SeedMoney based on how much we raise over the course of the 30-day period running from Nov 15 to Dec 15.

As extra incentives, SeedMoney is offering a \$400 bonus grant to the campaign that raises the most in the first 24 hours and 50 \$100 bonus grants to the 50 garden projects that raise the most during the first week. Your support TODAY can put us into the running for one of those bonus grants. You can find our donation page here:

<https://donate.seedmoney.org/8673/beth-wright-cancer-center-community-garden-in-rural-maine>

Wreaths For Hope

The fight against cancer never takes a holiday



Once again, the holiday season is fast approaching and everyone at Wreaths For Hope® is excited to reconnect with the people who have supported the fight against cancer and the mission to help veterans and their families in need.

The people at Wreaths for Hope are so proud of what they have been able to accomplish, but there's more to be done. The Fight Against Cancer Never Takes a Holiday and neither does Compassion.

The time is now...so when buying your wreath this holiday season, choose one that provides hope for someone who needs it most.

For more information go to the Wreaths for Hope website:

<https://www.wreathsforhope.org/>

*New date! December 9 & 10
New venue! Maine Coast Mall, Ellsworth
Come to Beth's Trees for Hope Festival!*

COME SEE THE TREES
at A New Wonderful Community Holiday Tradition!

**BETH'S TREES FOR HOPE
FESTIVAL 2023**
A Beautiful Display of Decorated Christmas Trees!

Beth C. Wright Cancer Resource Center & First National Bank

Invite You

Saturday, December 9th 9 am - 7 pm

Sunday, December 10th 9 am - 2 pm



Join US To Celebrate Beth's Trees For HOPE!
225 High Street, Maine Coast Mall, Ellsworth

Purchase a chance to win your favorite tree!
Come try your chance at the Chance Auction
Come hungry! We have a Food Court
50/50 Raffle

"Believing in HOPE!"



Stress Reduction for the Holidays

Mindfulness practice with
Jen Harry

November 17, 10:30 am - 12 noon

**There is still time to
register!**

Do you find the holidays stressful? For many the holiday season is a time of rushing around with too much to do, over-eating, family tension and stress. Take a break from the hectic holiday pace and learn how the practice of mindfulness, gratitude and simple relaxation techniques can reduce stress and put joy back in the holiday season.

Jen Harry leads this workshop on **November 17, from 10:30 am to 12 noon in person at the Beth C. Wright Cancer Resource Center, 23 Commerce**



Park, Ellsworth, Maine with an online option via Zoom. During this session we will learn and practice simple relaxation techniques, explore how the practice of mindfulness can change your experience, participate in a guided gratitude practice, and learn additional helpful tips to keep stress at bay and create new tradition for a more meaningful holiday.

Jen Harry also leads a monthly mindfulness class at the Beth C. Wright Cancer Resource Center on the 3rd Friday of each month, 10:30 am to 12 noon called Tools for Well Being. The goal of the group is to build a toolbox of techniques to help navigate life's challenges and enhance each person's level of well-being so that all can flourish in life.

This free class is open to all. For more information about this event and to receive the Zoom link, call the Beth C. Wright Cancer Resource Center at 664-0339 or email: info@bethwrightcancercenter.org. To register go to: www.bethwrightcancercenter.org and check our program listings.

Please note: The Prostate Cancer Support Group will not be meeting in November. The next meeting is scheduled for the second Tuesday of December, the 12th, 1:00 - 2:30 pm. The group will gather, as usual, at the Beth C. Wright Cancer Resource Center, 23 Commerce Park, Ellsworth.



The Beth C. Wright Cancer Resource Center's office will be closed on November 22, 23 & 24.

Happy Thanksgiving! Enjoy the holiday!

For more information about this organization and the services it provides with details

on programs and classes go to: www.bethwrightcancercenter.org
The Beth C. Wright Cancer Resource Center is located at 23 Commerce Park,
Ellsworth, Maine, 04605. Contact us at 207-664-0339, or email:
info@bethwrightcancercenter.org.

Beth Wright Cancer Resource Center | 23 Commerce Park, Ellsworth, ME 04605

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