



# Cancer Support Switzerland

# Who are we?



**Cancer Support Switzerland**, established in 2000, offers emotional support, practical help, wellness activities and a welcoming community in English to anyone affected by cancer.

Patients and their loved ones can receive support at all stages of the disease.

We offer services and activities in Geneva, Lausanne, Zürich and online.

All our services are free of charge.

Our vision is that **no one has to face cancer alone.**



# Cancer Support Switzerland in numbers



**2200+ hours of support offered  
and  
227 people supported in 2023**



**20+ services in Geneva, Lausanne &  
online – opening Zürich**



**90+ volunteers  
Incl. 45+ trained as peer  
supporters**



**People supported rated our services  
9/10**



**10 psychological counsellors  
incl. 2 specialized in work with children and adolescents  
4 work & cancer coaches  
7 other specialized therapists and teachers  
10 staff members  
10 board members**







# Themes in cancer support of the international community in Switzerland

- Death and dying, grieving and loss *AND* hope, living, surviving
- Emotional shock, mental health, medical trauma, stress, worry
- Shame, stigma, the visibility of not doing well
- Loneliness, isolation, despair
- Old wounds resurface: revisiting developmental traumas
- Living with ambiguity and not knowing – all the time
- Language barrier, cultural differences, unfamiliar systems
- Where and what is home?
- Ambiguous loss
- Meaning and purpose / Spirituality and faith
- Sexual identity, body image, intimacy
- Family, relationships, children
- Work and illness, parenting and work
- Changing financial situation



# Our services

Individual  
counselling

Breast cancer  
support group

Work & cancer  
coaching

Art therapy

Drop-in  
centre

Yoga

Online support  
group

Mindfulness  
based cognitive  
therapy

Bereavement  
support

Gardening  
group

Library

Pilates

Prostate cancer  
support group

Lausanne  
support group

Teen support  
group

Walk'nTalk

Look Good  
Feel Better

Fitness

Peer support

Support line and email



# Work & cancer



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# Cancer Support Switzerland

Château du Grand-Saconnex  
Chemin Auguste-Vilbert 14  
1218 Le Grand Saconnex

Our Centre is open to visitors without an appointment  
**Tuesdays and Thursdays 10:00-13:00**

**For support:**

[support@cancersupport.ch](mailto:support@cancersupport.ch)

**+41 022 723 22 31**

**[www.cancersupport.ch](http://www.cancersupport.ch)**