



CANCER DUDES

EMPOWERING MEN TO THRIVE AFTER CANCER



COURSES

Strategies and exercises to help you with the stress, anxiety, and hardship that comes after a cancer diagnosis.

COMMUNICATION



Develop successful communication strategies and avoid the common pitfalls when talking to your friends, family, co-workers and partner about your cancer experience.

BRO TO BRO



Peer support is an underrated, yet vital part of cancer recovery. Hear the stories of men whose lives were dramatically affected after they connected with a survivor for support.

SPEAK YOUR TRUTH



Your cancer story is powerful, both to you and who you tell it to. Harness that power to tell your story in the most compelling, truthful and impactful way.

IDENTITY



If you've ever questioned how cancer affected who you are as a person, and to what degree, then this section's tailor made for you.

DUDES AND SEX



Sex and how it can change after treatment is no joke. Get the straight talk on how to handle this delicate subject in this handy little section.

CALM THE F*CK DOWN



The stress and anxiety from cancer can take a toll. Check out our strategies that can help you manage the stress.



CONNECTION

Opportunity to connect with survivors and patients from around the country in our online hangouts



REAL-LIFE WISDOM

Hard-earned wisdom from survivors and other men who have overcome challenging circumstances

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DAVID GRIFFIN
SURVIVOR



The adversity from cancer is an opportunity to grow and the only way to move forward in you life is to dive in to what you're dealing with and feeling. Struggling through my own bouts with cancer have helped me find comfort and that has had an enormously positive impact on my life. This program can help you do that.

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Cancer Dudes provides men with the tools they need to get back on their feet after cancer. I highly recommend this program for any male patient or survivor dealing with the fallout from cancer.



DR. ALEX HUANG
M.D., PH.D.

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JOSE CASTILLO
SURVIVOR



Cancer Dudes helped me cope with my situation in many ways. It was easy to relate my situation with many of survivors featured in the testimonials. They were empowering and I know I'm not alone in this battle. It was great to see these survivors doing a hell of a job!

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All the content was approachable and done very thoughtfully. In particular, the material on sex and intimacy, which can be sensitive to talk about, struck the right tone.



STEPHEN ESTRADA
SURVIVOR

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