



Department of Psychosocial and Spiritual Resources
Cross Cancer Institute

Stress Management and Relaxation Training

DESCRIPTION

To teach participants different stress reduction and relaxation techniques. Learning how to relax can help patients and family members to achieve more calm, peace of mind, and enhanced sense of well-being, even amidst the storms of life.

DATE AND TIME

Sessions will commence in the Spring, Fall, and Winter; 90 minute sessions will be held once a week for six consecutive weeks.

LOCATION

Department of Psychosocial and Spiritual Resources, Group Room 1043.

Pre-registration is required.

For further information and to register, contact:
Department of Psychosocial and Spiritual Resources
Cross Cancer Institute
Phone: (780) 432-8703/8704