



Department of Psychosocial and Spiritual Resources
Cross Cancer Institute

Support Group Therapy to Learn to Manage Anxiety and Depression through Mental Strategies for Cancer Patients and Their Caregivers

DESCRIPTION

To teach participants techniques to cope with thoughts and feelings that may occur with a cancer diagnosis. This group teaches new skills to manage thoughts and emotions. Participants may also gain social support from other group members.

DATE AND TIME

Two-hour sessions will be held once a week for eight consecutive weeks.

LOCATION

Department of Psychosocial and Spiritual Resources, 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