

MIND OVER CANCER



Mindfulness-Based Cancer Recovery Program

A cancer diagnosis can be devastating. The treatments and/or fear of relapse can lead to overwhelming feelings of anxiety and stress. These feelings can be hard for others to understand and difficult to communicate to family and friends.

The stress, isolation, pain, and insomnia that sometimes come along with cancer can weaken your immune system and leave you with less energy for recovery.

Mind Over Cancer is a 4-session, online program designed to support you through the experience of cancer. Whether you are in active treatment, recovery, or caring for someone with cancer this program teaches mindfulness techniques that enable you to lessen the effects of worrisome thoughts and strong emotions.

You learn mindfulness techniques while participating in an online supportive setting with others who are dealing with similar stresses. Mindfulness interventions help improve sleep, reduce pain, lessen fatigue, and improve overall quality of life for people who have or are recovered from cancer.

The *Mind Over Cancer* instructor is **Ali Chambers, MA, LMFT**, a licensed therapist with a Master's Degree in Counseling Psychology, over 20 years experience, and trained in Mindfulness-Based Stress Reduction at the UCSD Center for Mindfulness Teacher Training Institute.

4-session, virtual program Mondays 1-2:30 pm

Open to people actively being treated, those in remission, and those caring for someone who has/had cancer. Payment and pre-registration is required for all attendees.
\$20

Call to enroll [858-616-5600](tel:858-616-5600)

2022 Session Dates:

January 10th-31st	July 11th – August 1st
February 7th-28th	August 8th – 29th
March 7th-Feb 8th	Sept. 12th – Oct. 3rd
April 4th-25th	October 10th – 31st
May 2nd-23rd	November 7th – 28th
June 5th-27th	No December Classes