

# 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**

**Or Tuesdays 5:30-7:00 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**

**2023 Session Start Dates:**

**MONDAYS 1 PM**

**TUESDAYS 5:30 PM**

January 23

March 14

February 20

March 20

April 17

May 29

July 10

August 7

September 11

October 9

November 6

No December Classes

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