

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 program designed to support you through the experience of cancer. Whether you are in active treatment, recovery, or caring for someone with cancer the four-session program teaches mindfulness techniques that enable you to lessen the effects of worrisome thoughts and strong emotions. The program helps you learn how to be more present to enjoy things you are grateful for in your life.

You will learn these techniques in a supportive setting with others who are dealing with similar stresses. Sharing and practicing techniques in a safe setting helps relieve feelings of isolation, enhances self-compassion, builds resiliency, and gives you additional tools to cope.

Mindfulness interventions have been shown to improve sleep, reduce pain, lessen fatigue, and improve overall quality of life for people who have or are recovered from cancer.

POSITIVE CHOICE
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Contact **POSITIVE CHOICE
WELLNESS CENTER**
to inquire about the upcoming
class schedule and location.

\$20 for four-session program.
Payment and Pre-registration is
required for all attendees. Class
is open to people in active
treatment, those in remission,
and those caring for someone
who has/had cancer.

Please call to enroll:
858-616-5600

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