

Managing Difficult Emotions for People Living With Cancer Online Group

GROUP DETAILS

- First session: Friday 10th April, 2:00–3:30pm, Future sessions: First Friday of each month, 11:00am–12:30pm. All groups will be online via Microsoft Teams.
- Facilitated by:
 - CaPS (Cancer Psychological Service for Kent and Medway)
 - India Barton & Sophie Lansdowne (Assistant Psychologists)
- Under the supervision of:
 - Dr Clare Reeder (Consultant Clinical Psychologist)

WHO IS THIS GROUP FOR?

- Patients at any stage of their cancer treatment or follow up in Kent and Medway who are experiencing difficult emotions related to cancer.
- Please note: Family members and friends are not included at this time.

WHAT WILL THE GROUP COVER?

- Learn practical coping strategies to help manage emotions related to cancer, such as: Fear, Sadness, Anger and Worry or Uncertainty.

WHAT TO EXPECT?

- There will be opportunities to take part in discussions, but there is no pressure to speak.
- You are welcome to:
 - Share your experiences
 - Contribute via chat
 - Attend and listen as an observer

HOW TO SIGN UP?

- Please complete the form using the weblink or QR code to express your interest.
- We will then send you the details to join the session.
- The session is a stand-alone workshop. You may attend more than once to refresh your learning, but priority will be given to those who have not attended before.

April 10th - 2-3:30pm
<https://tinyurl.com/ymv8whyh>



May 10th - 11am-12:30pm
<https://tinyurl.com/msfhcenw>

