



CANCERcare[®]
Help and Hope

FREE PROFESSIONAL SUPPORT SERVICES

CancerCare helps individuals, families, caregivers and the bereaved cope with the emotional and practical challenges of cancer. Our services include counseling, support groups, educational workshops, publications and financial assistance. All of our services are provided by professional oncology social workers and are offered completely free of charge. To learn more, visit www.cancercare.org.

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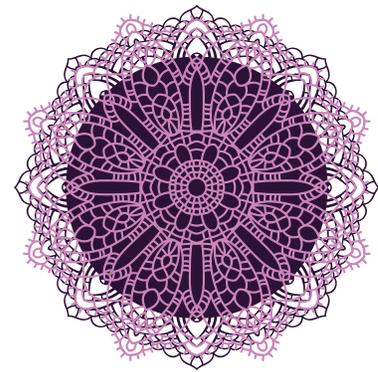
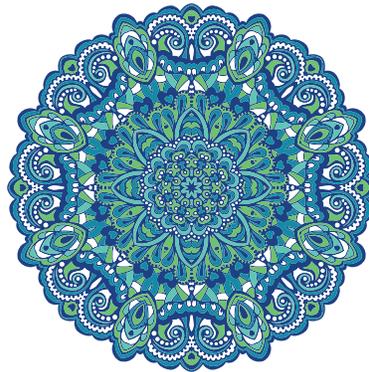


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New York, NY 10001
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Meditative Mandalas

**Tuesdays, September 15, 22, 29
and October 6, 2015**

Have you heard that recent studies indicate that coloring mandalas or intricate patterns can induce a beneficial meditative state, thus reducing anxiety? Join us as we color beautiful mandalas over the course of four weeks with paints, pencils and markers. Your finished projects can be laminated, decoupage, made into greeting cards or placemats, framed, hung as a reminder to relax—use your imagination!

This is a quieter support group for anyone treated for cancer within the past two years. Calming music will be played during the group, encouraging a peaceful environment that promotes quiet conversation and self reflection. Each week we will discuss one mindfulness technique that may be applied in your life.

TIME

1:00 – 2:30 p.m.

LOCATION

Ridgewood, NJ
(information will be given at time of registration)

FOR MORE INFORMATION, CONTACT

Claire Grainger, LCSW, CancerCare at
201-301-6811 or cgrainger@cancercare.org.

**This program is free,
but pre-registration is required.**

In collaboration
with

