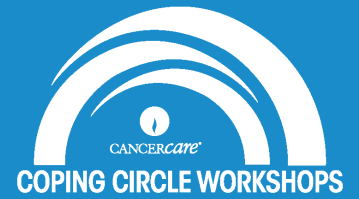


# COPING CIRCLE WORKSHOP SERIES: WAYS TO WELLNESS



CancerCare's Coping Circle Community Programs is proud to present a series of national virtual workshops focused on the needs of people with cancer and their caregivers.



Christine Morrell, LCSW  
New Jersey Lung Cancer  
Program Manager

Led by CancerCare oncology social workers and experts in the field, this workshop series will focus on a skills or topics that help the person with cancer and their caregiver to better cope with cancer, both in-treatment and post-treatment.

This program is open to national clients and is free, but pre-registration via Zoom is required.

## WORKSHOP DATES

**THURSDAY, JANUARY 18, 2024 from 4:30 p.m. - 6 p.m. ET**

**MINDFULNESS AND MEDITATION FOR STRESS AND SELF-KINDNESS**

Nikki Molfetas, LSW, oncology social worker at CancerCare

**THURSDAY, JANUARY 25, 2024 from 4:30 p.m. - 6 p.m. ET**

**ART FOR STRESS MANAGEMENT - ZENTANGLING**

Chris Scharff, Art Instructor

**THURSDAY, FEBRUARY 15, 2024 from 4:30 p.m. - 6 p.m. ET**

**EXERCISE ACROSS THE CANCER CONTINUUM**

Deanna Meehan, PT, DPT, CLT at Kessler Rehabilitation Center  
AnnaMarie Slivka, MS, OTR/L, CLT at Kessler Rehabilitation Center  
Alina Hedaya, PT, DPT, OCS, Cert MDT at Kessler Rehabilitation Center

**Register  
Today!**



All workshops will be facilitated by Christine Morrell, LCSW, an oncology social worker at CancerCare and professionals indicated.

For more information or to register, contact Christine Morrell, LCSW, at 201-301-6804 or [cmorrell@cancercare.org](mailto:cmorrell@cancercare.org)  
Facebook: [facebook.com/cancercare](https://www.facebook.com/cancercare) | Instagram: [@CancerCareUS](https://www.instagram.com/CancerCareUS) | Twitter: [@CancerCare](https://www.twitter.com/CancerCare)