

COPING CIRCLE WORKSHOP SERIES: WAYS TO WELLNESS - SPIRITUALITY AND CANCER



CANCERcare®

Over 75 Years of Help and Hope

CancerCare's Coping Circle Community Programs is proud to present
a series of national virtual workshops



Christine Calafiore, MSW, LSW
Oncology Social Worker



Laurie Feingold, MSW, LSW
Oncology Social Worker

**This workshop will address the
spiritual element of health and its
relation to the cancer experience.**

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

START DATE

THURSDAY, APRIL 20, 2023 from 6 p.m. - 7:30 p.m. ET

Participants will learn about the positive connection between spirituality and health and how spirituality can help them better navigate their cancer journey. Participants will have the opportunity to assess how their spirituality plays out in their life. Spiritual practices, activities and tools will be shared with participants to help them enhance their spiritual life.

**Register
Today!**



To learn more, visit www.cancercare.org or call **800-813-HOPE (4673)**.

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COPING CIRCLE WORKSHOP SERIES: WAYS TO WELLNESS - MINDFUL MEDITATION



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a series of national virtual workshops



Christine Calafiore, MSW, LSW
Oncology Social Worker



Nikki Molfetas, MSW, LSW
Oncology Social Worker

**Experience mindfulness and
mediation practices as guided
by Nikki Molfetas, MSW, LSW
and Certified Meditation and
Mindfulness Teacher.**

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

START DATE

THURSDAY, MAY 11, 2023 from 6 p.m. - 7:30 p.m. ET

This workshop will be educational and experiential with the use of mindfulness and meditation practices. This is for all ages and abilities. You will be able to do the exercises sitting, standing or laying down, whatever is most comfortable and relaxing for you. This workshop will be for patients and/or their loved ones to receive information and useful tools that may be helpful with coping through the cancer journey and beyond.

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Today!**



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