



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.cancercares.org.

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CancerCare[®] National Office
275 Seventh Avenue
New York, NY 10001
800-813-HOPE (4673)



Mindful Hour Workshop Series

September 12, 2019

The first session of the Mindfulness workshop series will focus on happiness and gratitude. The session will assist with learning how happiness and gratitude can increase one's resilience to stress and pain. The participants will learn to identify practical strategies and techniques in applying positivity. We will discuss how to integrate happiness and gratitude into daily life.

CancerCare is recruiting for a monthly workshop on Thursday evenings starting in Fall 2019. The workshops will focus on enhancing knowledge and relaxation through the use of different methods including positive psychology, zentangling, reiki, deep relaxation, spirituality and more.

TIME

5:30 p.m. to 7 p.m.

LOCATION

CancerCare's New Jersey Office
1 Kalisa Way
Suite 205
Paramus, NJ 07652

FOR MORE INFORMATION OR TO REGISTER, CONTACT

Christine Calafiore, LSW, at 201-301-6804 or ccalafiore@cancercares.org, or Erin Murphy-Wilczek, LSW, at 201-301-6805 or emurphy@cancercares.org.

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