



**CANCERcare**<sup>®</sup>  
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](http://www.cancercare.org).

## CONNECT WITH US



**FACEBOOK**

[www.facebook.com/cancercare](http://www.facebook.com/cancercare)



**BLOG**

[www.cancercare.org/blog](http://www.cancercare.org/blog)



**YOUTUBE**

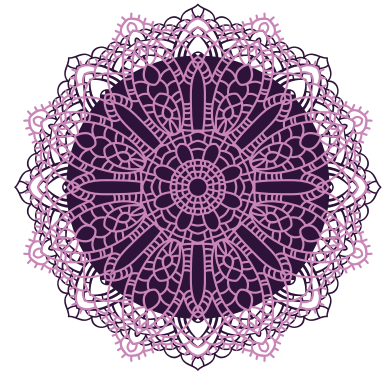
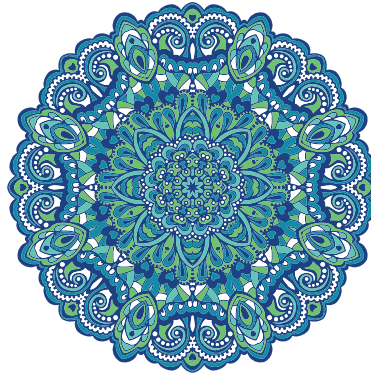
[www.youtube.com/cancercareinc](http://www.youtube.com/cancercareinc)



**TWITTER**

@cancercare

**CancerCare**<sup>®</sup> National Office  
275 Seventh Avenue  
New York, NY 10001  
800-813-HOPE (4673)



# Meditative Mandalas Group

## Tuesdays, beginning February 7, 2017

**Recent studies have indicated that coloring mandalas or other patterns can reduce anxiety and induce a beneficial meditative state. Join us as we color beautiful mandalas and learn other creative relaxation activities for 8 weeks. Your finished projects can be framed or transformed into meaningful keepsakes.**

This is a quiet, activity based support group that is open to anyone who is in treatment for cancer or completed treatment within the past two years. There will be discussion of mindfulness techniques, and the remainder of the time will include calming music to promote conversation and reflection as we work with pencils and markers to complete unique creative works.

### TIME

1:00 – 2:30 p.m.

### LOCATION

CancerCare  
111 East Avenue  
Suite 207  
Norwalk, CT 06851

### FOR MORE INFORMATION, CONTACT

Susan Beno, LCSW, CancerCare at 203-663-2196 or [sbeno@cancercare.org](mailto:sbeno@cancercare.org).

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