



**Cancer
Society**

Te Kāhui Matepukupuku
o Aotearoa

AUCKLAND NORTHLAND

Cancer Support Series 2021

Strategies for coping with cancer

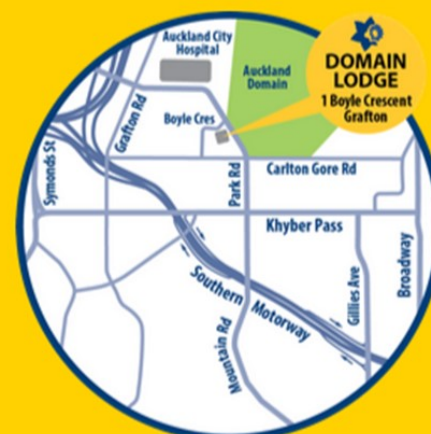
FREE TALKS presented by a Cancer Society Psychologist.

Come along to hear about a range of topics to help you cope with the impact of cancer on your life.

When: Fortnightly on Thursdays

12.30-1.30pm

Where: Support Room, Domain Lodge,
1 Boyle Crescent, Grafton.



Support Room
Domain Lodge
1 Boyle Cres, Grafton

January	28th Jan - Finding a New Normal
February	11th Feb - Coping with emotions and communication
	25th Feb - Stress Management and Sleeping easy
March	11th Mar - Strategies for Supporters
	25th Mar - Finding a New Normal
April	8th Apr - Coping with emotions and communication
	22nd Apr - Stress Management and Sleeping easy
May	6th May - Strategies for Supporters
	20th May - Finding a New Normal
June	3rd Jun - Coping with emotions and communication
	17th Jun - Stress Management and Sleeping easy
July	1st Jul - Strategies for Supporters
	15th Jul - Finding a New Normal



Limited spaces available. For further information
Ph:0800 CANCER (226 237) or visit cancernz.org.nz