



**Cancer
Society**

Te Kāhui Matepukupuku
o Aotearoa

AUCKLAND NORTHLAND

Cancer Support Series 2021

Strategies for coping with cancer

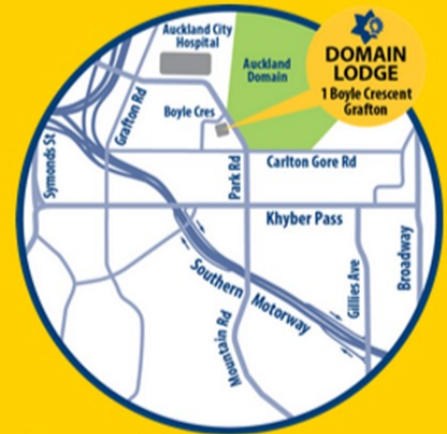
FREE TALKS presented by a Cancer Society Psychologist.

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

July	29th Jul - Coping with emotions and communication
August	12th Aug - Stress Management and Sleeping easy
	26th Aug - Strategies for Supporters
September	9th Sep - Finding a New Normal
	23rd Sep - Coping with emotions and communication
October	7th Oct - Stress Management and Sleeping easy
	21st Oct - Strategies for Supporters
November	4th Nov - Finding a New Normal
	18th Nov - Coping with emotions and communication
December	2nd Dec - Stress Management and Sleeping easy
	16th Dec - Strategies for Supporters



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