

FREE Webinars presented by a Cancer Society Psychologist.
Join us live on Zoom and hear about strategies to help you cope with the impact of cancer on your life.

When: Fortnightly on Wednesdays

10-11am

Where: Zoom webinar.



August	4th Aug	Finding a New Normal
	18th Aug	Coping with Emotions and Communication
September	1st Sept	Stress Management and Sleeping Easy
	15th Sept	Strategies for Supporters
	29th Sept	Finding a New Normal
October	13th Oct	Coping with Emotions and Communication
	27th Oct	Stress Management and Sleeping Easy
November	10th Nov	Strategies for Supporters
	24th Nov	Finding a New Normal
December	8th Dec	Coping with Emotions and Communication
	22nd Dec	Finding a New Normal

Email: psychologists@akcansoc.org.nz to register



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