



Free 8 Week Mindfulness Course

Mindfulness-Based Cognitive Therapy (MBCT) for Cancer for people living with cancer, including carers

Intro Session: Wed 2nd October 10.00-12.00. Course starts 16th October

Learn practical coping strategies in a small group with an experienced facilitator. Gain tools to manage stress and anxiety.



People who've done the course at the centre say:

"When I came to the course I was stressed and anxious all the time. Now I'm a lot calmer"

"I felt very depressed when I came here. The course has changed my life. I've always felt before that I couldn't relax but now I can and I feel so much happier."

"The practices have really helped me get through a very difficult time."

Mindfulness practices to support your body and mind:

- Manage stress and anxiety;
- Sleep better;
- Manage negative thoughts and judgements;
- Develop self compassion;
- Create a personal support plan to sustain you beyond the course.

Course handbook * Guided practice CD/audio downloads * Group support

To find out more and book a place, please call Cancer Support Yorkshire on 01274 776688