



**Cancer
Society**

Te Kāhui Matepukupuku
o Aotearoa

AUCKLAND DIVISION

Coping with cancer: Group programmes

Free group programmes for people with
cancer, their family and supporters

COUNSELLING & PSYCHOLOGY SERVICE



Our group programmes provide an opportunity for people with cancer and those supporting them to meet others and learn strategies for coping with cancer. Come along together or on your own. Groups are free and run by experienced Cancer Society psychologists.

Relaxation evening session

For people with cancer and those supporting them

A drop in session that guides you through breathing, relaxation and meditation exercises to help cope with stress and anxiety.

Duration: First Tuesday of every month, 5pm-6pm.
No need to register – just sign in at reception before the talk.

Relaxation and stress management

For people with cancer and those supporting them

Learn practical ways to manage stress and cope with illness through relaxation exercises, abdominal breathing, visualisation and mindfulness meditation.

Duration: Two hours each week for five weeks

Support for supporters

For those supporting someone with cancer

Explore strategies to help you support someone with cancer, including relaxation, self care and other tips and tools.

When: Two hours each week for four weeks

DATES: Please contact us for start dates and to register

WHERE: Cancer Society Domain Lodge
1 Boyle Crescent, Grafton

PARKING: Free on site on a first come first served basis

To register, or for more information on our groups and the range of support offered by the Cancer Society Auckland, please call us on 09 308 0168 or 0800 CANCER (226 237) or email support@akcansoc.org.nz