



**Cancer
Society**

Te Kāhui Matepukupuku
o Aotearoa

AUCKLAND DIVISION

Coping with cancer: Tips and tools

Free talks for people with cancer, their
family and supporters

COUNSELLING AND PSYCHOLOGY SERVICE



The following talks rotate each week and are available for people with cancer and those supporting them. Come along together or on your own. Sessions are free and run by experienced Cancer Society psychologists. No need to book- just sign in at reception before the talk.

Managing stress

'There's so much going on I don't have time for myself'

Recognise the signs of stress and learn ways to help prevent burnout

Riding the emotional rollercoaster

'I feel overwhelmed – I don't know what to do.'

Learn coping skills for the emotions experienced by many people facing cancer.

Super-sizing your support

'I don't know how to tell people what I need from them'

How to talk about cancer and get the most out of your support.

Sleeping easy

'I find it difficult to get to sleep and sometimes wake in the night.'

Hear about practical strategies that can help you get a good night's sleep.

WHEN: Every Thursday, 12.30pm to 1.30pm

WHERE: Cancer Society Domain Lodge
1 Boyle Crescent, Grafton

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

For more information on these talks, or the range of group and individual 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