

In partnership with
MACMILLAN
CANCER SUPPORT

I am less stressed and don't worry so much

I loved meeting others on the course

More positive, more in control

Realising I am not alone

FINDING IT TOUGH LIVING WITH CANCER OR AFTER TREATMENT?

We can... **H**elp **O**vercome **P**roblems **E**ffectively

If you are finding it hard to cope we are here for you. We are providing this six-week **HOPE** course in which we can help you overcome problems, plan for your future and feel more like you again. You will meet people who understand because they have been there too. You don't have to face it alone, and the best part is it's all.....

***FREE! *** Join us for this six-week course, dates below:

6th February- 13th March

13:30pm- 16:00pm

8th May- 12th June

13:30pm- 16:00pm

7th August – 11th September

13:30pm-16:00pm

6th November- 11th December

13:30pm-16:00pm

To book your place or if you have questions please call 01332 540114 and speak to Julie, Rachel or Jade for further details.

Setting goals to achieve weekly made me feel more focused



Learning different ways of relieving stresses or worrying about cancer and recurrences

I have become more positive, this HOPE course has made a big difference

