

Accepting your Body after Cancer



- Are you struggling to come to terms with your body following treatment for breast cancer?
- Do you avoid certain activities and behaviours because you feel unhappy with or anxious about your appearance?
- Do you feel like your body has let you down?

We invite you to join a 7-week group programme which aims to help you feel more accepting and appreciative of your body.

Date: Please call to ask for the next session dates
Time: 1:00 - 3:00pm
Where: live online through Ontario Telemedicine Network
To Register: Call Patient & Family Support, 705-728-9090 x43520

The programme is based on Cognitive Behavioural Therapy. It covers a range of different topics each week, including *self-care, intimacy, self-worth, pressures from the media and others, relaxation, and physical activity.*

You will be invited to contribute to group discussions and activities in a friendly and welcoming environment. You will also be encouraged to complete activities at home between the sessions.

