

MIND OVER CANCER

A Mindfulness-Based Cancer Recovery Program

A cancer diagnosis can be devastating. The treatments and/or fear of relapse can lead to overwhelming feelings of anxiety and stress. These feelings can be hard for others to understand and difficult to communicate to family and friends.

Mind Over Cancer is a 4-session, online program designed to support you through the experience of cancer. Whether you are in active treatment, recovery, or caring for someone with cancer, this program teaches techniques that enable you to lessen the effects of worrisome thoughts and strong emotions.

\$20 for the entire course

Payment and pre-registration is required for all attendees.

Call to enroll today!
858-616-5600



2025 Session Dates:

Mondays 1 pm–2:30 pm	Tuesdays 5:30 pm–7:00 pm
January 6	March 4
February 10	June 3
March 10	October 7
April 21	
June 2	
July 7	
August 4	
September 8	
October 6	
November 3	
No December classes	



Scan for schedule!

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