

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



Scan for schedule!



2026 Session Dates

Mondays 1:00-2:30 p.m.

- January 5th – February 2nd
- March 2nd – March 23rd
- April 6th – April 27th
- May 4th – June 1st
- June 8th – June 29th
- July 6th – July 27th
- August 3rd – August 24th
- September 14th – October 5th
- October 12th – November 2nd
- November 9th – November 30th

POSITIVE CHOICE
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positivechoice.org/mind-over-cancer