

# Mind Over Matter

Learn tips and tools to handle the strong feelings that often come when managing cancer.



This five-week class focuses on learning skills to cope with common emotions like fear, worry, and sadness. It is open to those managing cancer or their support person. You will learn new tools each week, so please plan to attend all five sessions.

**This interactive program is facilitated by our oncology social workers and is offered online/virtually by Zoom.**

You can access more information about Mind Over Matter and the current schedule here:

[bit.ly/MindOverMatter\\_English](https://bit.ly/MindOverMatter_English)

