

COPING WITH STRESS AND ANXIETY: AN OPEN DISCUSSION

Tuesday, Dec. 15, 2020 • 1 - 2 pm (NY time)

Zoom Video Conference

Open to people nationwide who have or have had breast, ovarian or gynecological cancer. Pre-registration is required.

To register, call Support Connection, 914-962-6402 or 800-532-4290 no later than 5 pm (NY time) on Monday, Dec. 14.

A cancer diagnosis brings a rollercoaster of physical and emotional challenges.

Regardless of where you are in your journey, there is anxiety and stress to manage.

Dealing with COVID-19 adds to the sense of uncertainty and lack of control. Coping during these times requires even greater resilience and support.

Join us for an open discussion where we can all share experiences and openly talk about these issues.

This is not an educational program, but rather a discussion group facilitated by a Support Connection Peer Counselor.

We will talk about strategies and resources we all use for self-care and for managing anxiety and stress.

We will conclude by listening to a guided meditation recording, created for Support Connection by our meditation instructor.



www.supportconnection.org