



MIND OVER MATTER

A VIRTUAL GROUP FOR MEN & WOMEN BEING TREATED FOR CANCER

You are invited to attend this **FREE** five session virtual program. *Mind Over Matter* uses evidence-based strategies to help decrease feelings of anxiety and depression, and increase a sense of well-being. Each week new tools will be shared using cognitive-behavioral approaches and mind-body strategies.

October 5, 2022 - November 2, 2022

WEDNESDAYS: 10:30 AM -12:00 PM

VIRTUAL MEETINGS | REGISTRATION IS REQUIRED

FACILITATORS: Erin Edgeworth, LCSW, OSW-C & Hyunsu Shin, LCSW

REGISTER: (404) 731-1876 or hshin@atlantacancercare.com



NOTE: These group sessions are facilitated via a GoTo Meeting video platform. Registered participants will receive an email with a link to access the group. Participants will need to download an app to join this group. Attendance of all five sessions is expected.

This program was developed by:

