



MIND OVER MATTER

**A GROUP FOR MEN & WOMEN
BEING TREATED FOR CANCER**

September 13, 2023 - October 11, 2023

WEDNESDAYS: 10:30 AM - 12:00 PM

VIRTUAL MEETINGS | REGISTRATION IS REQUIRED

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.

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

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

"My wife said I've been less nervous prior to scans and bloodwork."

"I think the program was very organized and a lot of thought went into planning it."



NOTE: These group sessions are facilitated via a Zoom meeting video platform. Registration is required to access the group. Attendance of all five sessions is expected.

This program was developed by:

