



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

**FEBRUARY 19, 2026 - MARCH 19, 2026**

**THURSDAYS 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](mailto: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:

