

MIND OVER Matter

A GROUP FOR CANCER PATIENTS & CAREGIVERS

A free five-session virtual program that uses evidence-based strategies to help decrease feelings of anxiety and depression and increase a sense of well being.

Each week participants will learn new tools using cognitive behavioral approaches and mind-body strategies.



**September 14th -
October 12th 2026**



**Mondays
12:00PM - 1:30PM**



VIRTUAL MEETINGS
REGISTRATION IS REQUIRED



WEEK 1

**MIND-BODY
CONNECTION**



WEEK 2

**EXPLORING
THOUGHT
PATTERNS**



WEEK 3

**REFRAMING
THOUGHTS
USING
PERSONAL
STRENGTHS**



WEEK 4

**THE "POWER OF
PAUSE" DURING
STRESS**



WEEK 5

**CREATE A
PERSONAL
COPING PLAN**



**Erin Edgeworth, LCSW, OSW-C
& Emma Shin, LCSW, OSW-C**



**TO REGISTER:
(404) 731-1876**

or eshin@atlantacancercare.com

PREVIOUS MIND OVER MATTER PARTICIPANTS
HAVE ALL RATED THIS PROGRAM HIGHLY!



Atlanta Cancer Care

AFFILIATED WITH



**NORTHSIDE HOSPITAL
CANCER INSTITUTE**

BUILT TO BEAT CANCER



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

This program was developed by:

Inova™