

Cancer Survivorship Series

A free four-part series for people who are post treatment

The transition from active treatment to post treatment is a difficult journey for many cancer survivors. This series will be geared towards people who are post-treatment, who have had any cancer diagnosis and any course of treatment.

All sessions will be facilitated by a licensed mental health professional.

The series will meet four consecutive Tuesdays from 10:30-12:00pm at Gilda's Club Westchester with the following topics covered:

- October 14th:** This supportive session will allow participants the opportunity to share their cancer experiences and discuss issues relevant to the post-treatment transition.
- October 21st:** This educational session will be focused on sexuality and intimacy and will be facilitated by a licensed social worker who specializes in these issues. Topics discussed will include the importance of intimacy, body image, physical changes from treatment, etc.
- October 28th:** This supportive session will focus on conceptualizing survivorship and discussion around transitioning to post-treatment.
- November 4th:** This educational session will highlight the importance of nutrition and exercise and will be facilitated by a registered dietician. Healthy food options and the benefits of exercise post-treatment will be discussed.

Sign up is required by October 7th.

Please call Erica Forest, LCSW at 914.644.8844.

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