

Two Special Coping Skills Workshop Series

A cancer diagnosis can take a physical and emotional toll, often leading to feelings that can include stress, fatigue, and even helplessness for individuals with cancer and their family members/caregivers.

Join us for one of the following 6-session skills-based workshop series that will teach mindfulness, distress tolerance and emotion regulation skills.

For Anyone with Cancer

(Recently Diagnosed, In Treatment or Post Treatment)

Thursdays 10/2, 10/9, 10/16, 10/23, 10/30 and 11/6 from 10:30am-12:00pm

Facilitated by Miranda Dold, LCSW

For Family Members/Caregivers

Wednesdays 10/1, 10/8, 10/15, 10/22, 10/29 and 11/5 from 6:30-8:00pm

Facilitated by Christine Consiglio, LCSW

Sign up is required by September 25th.

Attendance at all sessions is highly encouraged.

**For more information or to sign up, please contact Miranda Dold, LCSW at
914.644.8844 or mdold@gildasclubwestchester.org**



Gilda's Club Westchester is a FREE cancer support community for men, women, children and teens impacted by cancer in any way. For more information, please call 914.644.8844 or visit our website: www.gildasclubwestchester.org. 80 Maple Avenue, White Plains, NY 10601