

# **Coping Skills Workshop:** **A Special Skills-Based Workshop Series** **for Anyone with Cancer**

**(Recently Diagnosed, In Treatment or Post Treatment)**

Being diagnosed with cancer can take a physical and emotional toll, often leading to feelings that can include stress, fatigue, and even helplessness.

Join us for a 5-session skills-based workshop series geared toward those who have had any type of cancer diagnosis. This workshop will teach skills on topics such as: mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness.

### **Facilitated by:**

Erica Forest, LCSW & Stacy Weissberg, LCSW

This 5-session workshop series will take place from 6:00– 7:30pm on:  
Tuesdays 10/6, 10/13, 10/20, 10/27 & 11/3

Attendance at all sessions is highly encouraged.

**Sign up is required by September 30, 2015.**

Please contact Erica Forest at 914.644.8844 X104 or  
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Gilda's Club Westchester  
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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](http://www.gildasclubwestchester.org).