

Mindfulness- Based Cancer Recovery Program



**Guidance and
support for learning
mindfulness
meditation to reduce
stress**



CancerControl Alberta

**Department of
Psychosocial Oncology**

Helping You Live Well with Cancer

Support and Counselling

Program Details

Who can attend?

Patients and caregivers who are interested in learning how to meditate.

When is the program held?

This free, 9-week program runs regularly throughout the year. **Please call for program start dates.**

Where will it be held?

Holy Cross Centre
2210 2nd Street SW
Reach Centre; Room 2314

What will be covered?

- The mind-body connection
- Instruction on how to meditate
- Specific skills such as:
 - Mindfulness Meditation
 - Gentle Yoga Stretches
 - Breath Awareness & Usage
 - Relaxation
 - Visualization
 - Cognitive Coping
- You will be encouraged to practice at home

Who is it led by?

Professionally led by psychosocial counsellors.

For more information or to register:

403-355-3207
calgarypsychosocial@ahs.ca