

Stress Management and Relaxation Seminar



Support and Counselling

**A one-day seminar on
stress management
skills and coping
strategies**



CancerControl Alberta

**Department of
Psychosocial Oncology**

Helping You Live Well with Cancer

Program Details

Who can attend?

Patients and their support people

When is it?

This free, one-day seminar is held on a Saturday, usually four times per year
9:00 am – 4:00 pm

Please call for dates

Where will it be held?

Tom Baker Cancer Centre
1331-29 St NW, Main Auditorium

Workshop topics

- How we **respond** to stress
- What we **think** about stress
 - Relationship between thoughts & feelings
 - Reframing distorted thoughts
 - Steps to cognitive restructuring
- What we **do** about stress
 - Problem-focused coping
 - Emotion-focused coping
 - Matching coping strategies to stressors
- What we **use** to deal with stress
 - Matching supports to needs
 - Steps to changing anger patterns
 - Improving communication skills
 - Progressive Muscle Relaxation and Imagery

Who is it led by?

Professionally led by psychosocial counsellors.

For more information or to register:

403-355-3207

calgarypsychosocial@ahs.ca