WE ARE MACMILLAN. CANCER SUPPORT

Wolverhampton City Council

Help to Overcome Problems Effectively

Have you finished treatment for Cancer?

The HOPE course is a wonderful opportunity to meet other cancer survivors and together find new ways to help take more control over the stress and emotional difficulties of life.

- ✓ Feel reassured and able to recognise own potential for making changes to enhance quality of life and happiness.
- ✓ Feel more able to support and share with others, less feeling of isolation.
- ✓ Recognise and apply the tools of this course to build confidence and self-efficacy.
- ✓ Feel more confident in dealing with own emotional issues and handle anger, depression and stressful situations.
- ✓ Recognise and apply positive thinking and handle negative feelings and uncertainty
- ✓ Know how to make achievable long and short term plans for change by using the goal setting steps.
- ✓ Learn to use and enjoy the relaxation methods practised on the course to refresh the mind and body.

The course is free and you can find out more at a taster session 10.00am to 12.30 on Thursday 7th March at Bilston Library, Mount Pleasant WV14 7LU

The course will then run every Thursday for 6 weeks starting on 14th March until 6th April 10.00am to 12.30 at Bilston Library
The course is run by trained facilitators who have personal experience of overcoming problems associated with cancer.

If you would like to join the course, please contact:-
macmillan@wolverhampton.gov.uk or phone on 01902 550089 and ask for Linda Turner. If you are interested in the course but can't make those dates or times, please let us know.