



MIND OVER MATTER

**A GROUP FOR MEN & WOMEN
BEING TREATED FOR CANCER**

February 13, 2025 - March 13, 2025

THURSDAYS: 10:30 AM -12:00 PM

VIRTUAL MEETINGS | REGISTRATION IS REQUIRED

You are invited to attend this **FREE** five session virtual program. *Mind Over Matter* uses evidence-based strategies to help decrease feelings of anxiety and depression, and increase a sense of well-being. Each week new tools will be shared using cognitive-behavioral approaches and mind-body strategies.

FACILITATORS: Erin Edgeworth, LCSW, OSW-C & Emma Shin, LCSW, OSW-C

REGISTER: (404) 731-1876 or eshin@atlantacancercare.com

"My wife said I've been less nervous prior to scans and bloodwork."

"I really enjoyed the class and definitely learned some valuable tools to help manage the anxiety produced by cancer."



NOTE: These group sessions are facilitated via a Zoom meeting video platform. Registration is required to access the group. Attendance of all five sessions is expected.

This program was developed by:

