

COPING WITH CANCER

SKILLS TO MANAGE EMOTIONS AND BALANCE UNCERTAINTY WITH HOPE

5-Week Virtual Program on Mondays

March 31, 2025- April 28, 2025

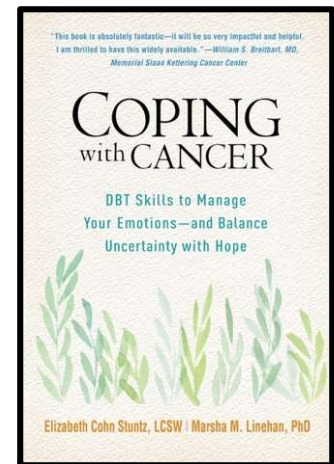
1:00pm-2:30pm

Join us to learn practical tools to manage the challenge of life with cancer and cope even in the darkest days.

This 5-week curriculum includes:

- Steadying yourself in the face of common cancer concerns
- Making complicated decisions under stress
- Managing powerful emotions without being overwhelmed
- Navigating relationships with love ones, colleagues and health care professionals
- Finding ways to live meaningfully with cancer

This program is based on the book:



Facilitators:

- Elizabeth Cohn Stuntz LCSW, is the co-author with Marsha Linehan, developer, of DBT. She is also a cancer survivor, Zen student and psychotherapist in private practice serving on the faculty of WCSPP.
- Ronda Reitz, PhD., has been providing treatment, supervision, international training and consultation in Dialectical Behavior Therapy since 1996. She is the Coordinator for Dialectical Behavior Therapy for the state of Missouri, and was a long-time Zen student of Marsha Linehan.

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