

SUPPORT

Virtual Acceptance and Commitment Therapy (ACT) Group: Mindful Living with Cancer

A group for individuals receiving cancer treatments.

Group is held every Thursday (for 8-10 weeks): 2-3 p.m.

Facilitator: X'Cel Cedeno, LPC

Northside Hospital Cancer Institute Psycho-Oncology Program



Are you or a loved one in treatment for cancer? Overwhelmed with the confusion, fear and anxiety about the uncertainty of the future? You are not alone!

At Northside Hospital Cancer Institute, we understand the impact of a cancer diagnosis, treatment and the challenges that come with it, for the patients, their families and caregivers.

In this virtual group, you will learn the essential skills to address the emotional challenges of life with cancer, increase your coping abilities and reduce your level of distress during our weekly sessions for 8 – 10 weeks. ***Starting 03/24/2022 by ExamMed.**

Topics include:

- Learning mindfulness skills
- Increasing self-awareness
- ACT group exercises
- Developing self-control and self-acceptance
- Heightening sensitivity to one's emotions and of others

For additional information, call **770-721-9000**
or email Xcel.cedeno@northside.com
***RSVP 3 days prior to the scheduled group date.**

Note: All groups are facilitated via a telehealth video platform. Once we register you to participate in the group, we will send you an email with the link to access the group. You will need to provide your email address with your RSVP. You will not need to download an app to join this group. Please use Google Chrome as this is the most compatible browser for our program.



Scan the QR code for more information about all of our Psycho-Oncology Programs support groups, and for our up-to-date group dates and times or visit northside.com/cancer-support-groups


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