

Manage cancer and get the most out of life

GAIN KNOWLEDGE+SKILLS+CONFIDENCE

Cancer: Thriving & Surviving Self-Management Program

Our workshops are designed for people who are living with and/or have been affected by cancer, and will help you learn skills to coordinate all the things needed to manage your health and stay active in your life and relationships.



In-Person

OR

Virtual



Our **In-Person** group workshops are held at host venues in communities throughout BC (max 12 participants). Our **Virtual** group workshops are conducted via webcams (max 8 participants). Each option consists of one 2.5 hour session per week for 6 weeks. The “Living a Health Life” resource book is provided.

Interactive session topics include:

- Techniques to deal with problems such as frustration, fatigue, pain and living with uncertainty
- Communicating effectively
- Setting priorities
- Relationships
- Making decisions about treatment and complementary therapies
- Nutrition and appropriate exercise

What People are saying:

“Don’t know where we would be without the knowledge and strength gathered in this workshop.”

“Just knowing different ways to approach each day is comforting.”

“The facilitators provided an atmosphere of stable comfort so we could be ourselves.”

Contact Self-Management BC

604-940-1273 or Toll Free: 1-866-902-3767
selfmgmt@uvic.ca | selfmanagementbc.ca



University
of Victoria

Institute on Aging
& Lifelong Health

Self-Management
British Columbia



BRITISH
COLUMBIA