

KNOWLEDGE + SKILLS + CONFIDENCE

Cancer: Thriving & Surviving Self-Management Program



- ✓ Learn techniques to deal with problems such as frustration, fatigue, pain, poor sleep and living with uncertainty
- ✓ Communicate effectively with family, friends and health care team
- ✓ Make decisions and future plans for health care

FREE Six-Session Workshop for adult cancer survivors and those affected by cancer

Family Members and Friends Welcome

DATES/TIME: January 14, 2027 to February 18, 2027
Thursdays, 1:00pm to 3:30pm

LOCATION: St. Mark's Anglican Church
12953 20th Avenue, Surrey BC

TO REGISTER: Via SMBC: 604-940-1273 or selfmgmt@uvic.ca
Or, online at www.selfmanagementbc.ca
Or, call Barb Grantham of St. Mark's Anglican Church at 604-531-3726



Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!