

# Accepting Your Body After Cancer Group Support



**Are you struggling to come to terms with your body following treatment for breast (chest)\* cancer?**

**Do you avoid certain activities and behaviours because you feel unhappy with or anxious about your appearance?**

**Do you feel like your body has let you down?**

**We invite you to join a 7-week group programme which aims to help you feel more accepting and appreciative of your body.**



**Who:** This group is currently offered to patients who have a cancer diagnosis in the breast (chest)\* area.

**Where:** Online virtually, through Microsoft Teams

**Session dates:** Thursdays from September 14 to October 26, 2023 (7 sessions)

If you are viewing this flyer after the session dates have passed, please contact us for the next session date.

**How to register:** Call Patient and Family Support Desk at 705-728-9090 x43520

The program is based on Cognitive Behavioural Therapy. It covers a range of different topics each week, including self-care, intimacy, self-worth, pressures from the media and others, relaxation, and physical activity. You will be invited to contribute to group discussions and activities in a friendly and welcoming environment. You will also be encouraged to complete activities at home between the sessions.

\*We understand that everyone identifies their bodies and body parts in different ways and are including the names of body parts for clarity. We strive to provide an inclusive, supportive, and safe space for everyone. If you are not a patient who has a cancer diagnosis in the breast (chest) area but would like support, please reach out to us at 705-728-9090 x43520.

Simcoe Muskoka Regional Cancer Program

[www.rvh.on.ca](http://www.rvh.on.ca) (705) 728-9090 x43333

Last updated August 2023

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