

Fear of Recurrence Therapy Group Support

Have you completed your cancer treatment?

Do you live in fear and anxiety about the possibility of your cancer returning?

Fear of recurrence is the number one challenge most patients identify after cancer treatments. “What if my cancer comes back?”, “What if treatments didn’t get all my cancer?”, “I have pain, could this be cancer again?”.

We invite you to join a 6-week group program that offers unique interventions combining cognitive behavioral therapy and existential therapy.

Who: This group is currently offered to all cancer and have completed their active treatment.

Where: Online virtually, through Microsoft Teams

Session dates:

Tuesday, January 16: A one-time private meeting (online virtually) with a social worker. A specific appointment time will be confirmed after you register.

Tuesday January 23 to Tuesday February 27: Group sessions run from 1:00 pm – 3:00 pm.

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 group will help you identify the relationship between your thoughts, behaviours and feelings, and how these relate to fear of cancer recurrence. The group aims to:

- Support you to identify & understand your triggers
- Learn and develop new coping strategies
- Increase tolerance level of uncertainty
- Set realistic goals for future

You will be invited to contribute to group discussions and activities in a friendly, supportive, and safe online environment. You will also be encouraged to complete activities at home between the sessions. Regular attendance is important.

If you are currently receiving active treatment for your cancer but would like support in coping with your fear of cancer recurrence, please reach out to us at 705-728-9090 x43520.