



Finding Calm *in cancer*

**HAVE YOU EXPERIENCED A RECURRENCE
OF CANCER DURING COVID-19?**

Sign up for our FREE programme

- 6-week online training
- 1.5 hours per week
- Small groups to maximise learning
- Techniques to reduce anxiety and increase self-compassion

**Facilitated by Dr. Sinead Lynch Senior Counselling Psychologist
in Psycho-Oncology**



**To register your free place contact 01 8034969 /
sineadlynch@mater.ie**