



# Mindfulness-Based Cancer Recovery Support Group

Marty Nason, MSN & Kayo Matsumoto, MS, LMFT

**8-sessions & a Morning of Mindfulness**



## **TIME & PLACE:**

**2/6/25 (Thu) 11am-12pm**

Information Session (Online)

**2/13/25 (Thu) - 4/3/25 (Thu) 11am-1pm**

Session 1 to 8 (In-Person)

**3/23/25 (Sun) 9am-12pm**

Morning of Mindfulness (In-Person)

**NO COST TO PEOPLE IMPACTED BY CANCER**

Welcome to our Mindfulness-based Cancer Recovery Support Group! This group provides a safe space where participants can learn a variety of mindfulness-based stress coping tools and engage in reflection discussions. Inspired by Kabat-Zinn's Mindfulness-Based Stress Reduction program, we offer a structured yet flexible approach to healing and cancer recovery.

To fully immerse yourself in the transformative power of mindfulness, we encourage attendance at all eight sessions and a half-day silent meditation session. This group is limited to 12 participants. Pre-Registration is required.

This group is facilitated by Marty Nason, MSN, an advanced psychiatric nurse, and cofounder of CSCVSB, along with Kayo Matsumoto, MS, LMFT, a licensed Marriage and Family Therapist, who are both experienced mental health professionals dedicated to supporting the well-being of people impacted by cancer.

