

All Cancer Support Group with Relaxation Techniques

Joyce Boucher, MSW, LCSW, LMFT



TIME & PLACE:

ONLINE WEDNESDAYS
5:30-7:00 PM

STARTING: MAY 7, 2025

NO COST TO PEOPLE IMPACTED BY CANCER

If you are facing cancer and have difficulty relaxing, and you experience ongoing worry, anxiety and stress then this is the group for you.

Not only will you have the benefit of a support group where you can share your cancer experience, get information, and share your feelings and concerns but you will have the opportunity to explore a variety of ways to deal with stress and learn relaxation techniques such as guided imagery, breath work, progressive relaxation and more. These activities release feel-good chemicals that counter the “stress response” and promote calm, relaxation and wellbeing.

This group is led by Joyce Boucher, a licensed mental health professional who has been a long-time staff member at Cancer Support Community Valley/Ventura/Santa Barbara.



To register and learn more:

cancersupportvvsb.org

email: programs@cancersupportvvsb.org

call: 805.379.4777