

Mindfulness-Based Cancer Recovery Support Group

Marty Nason, MSN



TIME & PLACE:

10/13/25 (Mon) thru 12/8/25 (Mon) 2pm-4pm

8 In-Person Sessions

No Meeting on 11/24 (Mon)

**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. 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. Marty is an experienced mental health professional who is dedicated to supporting the well-being of people impacted by cancer.



To register and learn more:

cancersupportvvsb.org

email: programs@cancersupportvvsb.org

call: 805.379.4777