

LIMITED TIME SERIES



FINDING CALM DURING CANCER

Mindfulness & Emotion Coping Skills Support Group

with Hannah Hoffman MSW, LCSW



TIME & PLACE:

IN-PERSON 8 TUESDAYS AUGUST 18TH - OCTOBER 6TH
12:30PM TO 2:00PM

CANCER SUPPORT COMMUNITY
VALLEY/VENTURA/SANTA BARBARA
4195 E. THOUSAND OAKS BLVD., #107
WESTLAKE VILLAGE, CA 91362

NO COST TO PEOPLE IMPACTED BY CANCER

Cancer can bring overwhelming emotions — from fear and uncertainty to frustration and sadness. This supportive group helps participants build practical skills to manage intense feelings and reduce stress during the cancer journey. Using simple mindfulness exercises and tools from Dialectical Behavior Therapy (DBT), you'll learn how to stay grounded, communicate more effectively with loved ones and healthcare providers, and respond to challenges with greater balance and confidence. Open to anyone impacted by cancer, including patients, survivors, and caregivers.



Hannah Hoffman is a Licensed Clinical Social Worker with over 10 years of experience in the mental health field. In addition to facilitating caregiver support groups for the past 6 years, she has led a wide variety of educational and therapeutic groups on topics such as stress management, interpersonal skills, and memory loss.

**PLEASE EMAIL PROGRAMS@CANCERSUPPORTVVSb.ORG TO
JOIN THIS GROUP.**