

SLEEP RESET SUPPORT GROUP

Building Healthier Sleep Patterns After Cancer

with Kayo Matsumoto, MS, LMFT



TIME & PLACE:

6 IN-PERSON WEDNESDAYS

OCTOBER 7TH - NOVEMBER 11TH 12:00PM TO 1:30PM

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

NO COST TO PEOPLE IMPACTED BY CANCER

Sleep problems are common among cancer survivors and can continue long after treatment due to side effects, stress, and changes in daily routines. Poor sleep can impact energy, mood, concentration, and overall quality of life.

Sleep Reset is a six-week support group for cancer survivors experiencing ongoing sleep difficulties. Participants will learn practical strategies to improve sleep habits while connecting with others who understand the challenges of sleep after cancer. Through education and peer support, participants can build healthier sleep patterns and feel less alone.

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



Facilitator:

Kayo Matsumoto is the Program & Clinical Director at Cancer Support Community VVSb and a licensed Marriage and Family Therapist with over 15 years of experience in psychosocial oncology. She has provided individual counseling and facilitated support groups for people affected by brain tumors, breast and gynecologic cancers, as well as MBSR and family support groups.