



Cancer education
for patients, carers
and survivors.

You have cancer. What now?

Attend local education sessions
and make sense of cancer

A photograph showing a person's feet wearing beige socks, resting on a white textured blanket. Next to the feet is a glass mug filled with tea, sitting on a brown book. The background is a blurred indoor setting with a window.

Managing
Cancer

For information and support call
our cancer nurses on **13 11 20**
www.cancervic.org.au



Have you been diagnosed with cancer?

A cancer diagnosis is challenging, and most people will experience strong emotions. There's a lot of information to take in, appointments to attend, treatment decisions, difficult conversations and a range of feelings to process.

Our Managing Cancer workshop is free and designed to help you make sense of cancer by providing useful skills and helpful information in an informal, supportive environment.

Who should attend?

This workshop is for anyone who has been diagnosed with cancer, their families, friends and carers.

What will I learn?

The workshop consists of presentations delivered by expert health professionals on topics such as:

- Cancer treatment and managing the side effects
- The benefits of exercise and nutrition during treatment
- Managing financial concerns
- Communicating with your healthcare team and others
- Strategies for managing emotions and stress

You can also share and learn from others going through a similar experience.

Where is it held?

Cancer Council's Managing Cancer workshop is regularly conducted at hospitals and healthcare services throughout Victoria as a one-off event or over multiple sessions.

Ask your healthcare team for more information about their next program or call our cancer nurses on 13 11 20 to find your closest workshop and sign up today.



Hear from other participants

"It was high quality information in a really relaxed setting, which was great. I felt like I could ask anything."

Chris, previous participant.

"It's easier for us to talk about things now, and we know there are practical things we can do to make each day better."

Ian, carer and participant.



Research shows that group-based cancer education programs can help participants to connect with others, develop coping strategies and improve health outcomes. People who are well-informed about cancer and its management also tend to be more confident when dealing with their healthcare providers.



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Email: askanurse@cancervic.org.au



www.cancervic.org.au



For other languages call **13 14 50**



**Cancer
Council**