**Virtual Patient Education Series**

**Patient & Family Counselling Services**

**Will It Come Back?!**

**Managing Worry & Fear of a Cancer Recurrence**

***April 13 & 27* (2-part workshop)**

**9:30 am –12:00 pm**

**Cancer & Resiliency**

***June* *10* (2-hour workshop)**

**10:00-12:00**

**Mindfulness**

**Strategies for well-being**

***September* – 9th, 16th & 23rd (3-part workshop) 1:30-3:30pm**

**Cancer-Related Fatigue**

***October/November* - Dates & time to be announced**

**(3-part workshop)**

**Pre-registration is required for all Zoom workshops**

**Please call 250 519 5525 to register**