

JOIN US!
Support and
Education for
Anyone Touched
by Cancer



Practicing Mindfulness

Come join us for a one-hour session where we will practice mindfulness in a supportive small group setting. You will receive guided instruction on a mindfulness practice and have the opportunity to practice mindfulness tools along with the group. You will receive tips to help you cultivate mindfulness in your everyday life. Patients and caregivers welcome.

Thursday, July 21st | 3:00-4:00pm

To register, please contact Leslie Kantor-Reid, LCSW, OSW-C at (303) 418-7683.

Thursday, September 22nd | 3:00-4:00pm

To register, please contact Robyn Tibert, LCSW, OSW-C at (303) 730-4715.



All groups are offered virtually through Zoom.
Visit our website for a full listing.



 **SCAN ME**