

Free Survivorship Webinar

Communication

“How do I deal with the ‘*stuff*’ people say?”

WHEN: 29th November TIME: 7 to 8pm (AEDT)



Register online at

www.cancercouncil.com.au/get-support/webinars/

A webinar is an online seminar you can watch on your computer or mobile device. Hear personal stories and expert knowledge. Watch and listen anywhere, anytime on any device.

** The recorded webinar link is emailed to all registrants

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It seems everyone has an opinion on cancer and they aren't afraid to share it with you. But how do you manage and respond to these comments?

Having cancer can affect your relationships with family, friends and colleagues. This may be because cancer is stressful, tiring and upsetting, or as a result of more positive changes to your values, priorities, or outlook on life. People close to you may deal with cancer in different ways, for example, by being overly positive, playing down fears, or keeping a distance. Friends and family may say things like “but you look fine”, “your treatment has finished now” and “the cancer has gone, hasn't it?” They may have difficulty accepting that you may still need support or that some symptoms can persist for long periods of time or may never go away. It's natural for family and friends to want the distress and disruption of cancer to be behind you. They care about you and want you to be well. However, if you find their reactions difficult to handle, you may need some strategies to help you manage. This webinar aims to provide strategies to help you manage social relationships, particularly in the lead up to the festive season which can be a very challenging time.

What is a webinar?

A webinar is an online seminar you can watch on your computer or mobile device. Webinars enable many people – in different geographic locations – to share a common experience in real-time and to interact via a chat box with the presenters and participants.

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The webinars are recorded enabling you to view the webinar at your convenience after the live event. All registrants are emailed a link to the webinar recording, a copy of the power point and a list of resources for future reference.