

Our course can bring you a personal experience of mindfulness that is strengthened by your own practice and can then be applied in your everyday life.

Next course dates

Face to face group

Brisbane 2020

20th February - 9th April
10.00am - 12.00pm

Telephone group

Statewide 2020

5th May - 23rd June
10.30am - 12.00pm

For more information

Please contact Cancer Council Queensland on **13 11 20** or visit our website: cancerqld.org.au/get-support/cancer-emotional-support/

Every minute.
Every hour.
Every day.

Mindfulness group program

Living mindfully

13 11 20
cancerqld.org.au



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Mindfulness group program

Living Mindfully

Cancer and Mindfulness

The experience of cancer can be demanding, both for your body and your mind. Diagnosis and treatment may stir up a range of challenging thoughts and feelings both for the person and their loved ones. Learning new ways of managing difficulties can be useful for all of us, regardless of life stage or the situation we find ourselves in.

The aim

of the Living Mindfully course is to increase a person's ability to manage difficult feelings and to help people to live more fully in the present moment.

Through mindfulness meditation practice and guided group discussion, participants learn to:

- **focus and calm the mind**
- **ground attention and awareness in the present moment**
- **have more choice about how they respond to life's challenges**

What does the course involve?

The **Living Mindfully** course runs over 8 weeks and participants can attend either telephone or face to face groups. Weekly sessions are about 2 hours face to face and 1.5 hours for telephone groups involving meditation practice and guided group discussion.

Regular practise of meditation at home is an important part of the program and will ensure you get the most from the course.

Background to the course

The program is based on Mindfulness Based Cognitive Therapy (MBCT). Clinical research trials of MBCT for people with cancer have shown participants can experience positive changes in psychological wellbeing and quality of life as a result of group participation.

Who can take part?

The course is designed to suit anyone who is or has been distressed by cancer (including support persons) at any stage after diagnosis.

Where is it held?

The course is run in Brisbane and Queensland Cancer Council regional offices at different times of the year. Telephone groups are also available for people living anywhere throughout Queensland. For further information please contact us (details over page).

How much does it cost?

There is no fee for attending however there may be ways you could help us to continue our work for example by making a small donation.

Please see
over for next
course dates.