

LEADERS WANTED!

Cancer: Thriving and Surviving Program

This program gives participants the skills to help coordinate all the things needed to manage their health, as well as to help them keep active in their lives and relationships.
This workshop is for individuals who are managing cancer or are in remission and will not conflict with existing programs or treatment

TRAINING DETAILS

When: June 17, 18, 19 & 20, 2019

Where: Sunbridge Hotel and Conference Centre
200 Holiday Inn Drive, Cambridge
"Hespeler Room"

Please Note: *Candidates must commit to attending the full 4 consecutive days of training and be able to lead 1-2 workshops a year for the Self-Management Program*

THE PROGRAM

- ◆ Small groups of 10-15 participants
- ◆ 1 session per week for 6 weeks
- ◆ 2.5 hours per session
- ◆ Highly interactive sessions focusing on building skills, sharing experiences and support
- ◆ Led by 2 trained leaders, one or both of whom are themselves cancer survivors (*where possible, we prefer that potential leaders have experience living with cancer and have attended a workshop as a participant*)
- ◆ Honorarium included

LEADER QUALIFICATIONS

- Healthcare professionals
- Caregivers
- Family members
- Community volunteers
- Educators
- Leaders commit to facilitating a 6-week, interactive group workshop using a detailed, scripted manual
- Anyone who is interested in supporting people who are managing cancer or are in remission, to better manage their health and live a healthier, happy life



For more information and to obtain a leader application please contact **Kim Barfoot, Program Facilitator**
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519 947-1000 ext 261

