

Cancer Coach

**Support for people living
beyond cancer**

Cancer Coach
is **FREE** to anyone
in the UK over the
age of 18, who has
completed
treatment for
cancer.

Cancer Coach is a series of six weekly peer support group sessions held via video call or telephone. Run by our own Cancer Coaches, the sessions take participants through a series of strategies, techniques and exercises, which can help them on their recovery journey from cancer.

Cancer Coach helps participants to:

- **Connect and share** with others who have been through similar experiences with cancer
- **Understand negative emotions** and learn strategies to manage them
- **Build resilience**
- **Improve confidence** and build self-esteem, both during the programme and beyond
- **Take back control** of their lives and look positively towards the future



Find out more at: www.cancersupportuk.org/cancercoach
Email: cancercoach@cancersupportuk.org or call 020 3983 7616