



Meaning-Centered Group for Individuals with Cancer & Chronic Illness

Are you looking for something different than the average support group?

Details

- **What:** Small, supportive, structured group to explore meaning, resilience, and connection through cancer & chronic illness
- **Who:** Anyone 25 and older living with cancer or chronic illness (any type, stage, or treatment phase, including post-treatment, and any chronic illness)
- **When:** Starts April 8th, Wednesdays 6-7:45 pm (6 weeks)
- **Where:** Virtual
- **Cost:** FREE
- **Commitment:** Please plan to attend all sessions

Meaning-centered Topics Include:

- **Historical:** sources of meaning across past, present, and future
- **Attitudinal:** responding to life's unexpected changes
- **Creative:** roles, deeds, accomplishments
- **Experiential:** relationships, nature, humor

Facilitated by:

- Stacey Allen, LMFT
- Jennifer Christopher, MS student, Clinical Intern, and cancer survivor

REGISTER TODAY!

Contact Stacey Allen: SAllen@InMindHealthMN.com