



# Cancer Thriving & Surviving Programme

A Self-Management Programme developed by Stanford University

*Following your cancer treatment*  
***This is your time to THRIVE***

## How can this programme help you?

The *Cancer Thriving and Surviving Programme* can offer you a sense of confidence and a chance to learn skills that help you manage your health when moving on from your cancer treatment.

## How is the programme taught?

- Workshops are delivered either in-person or online in a relaxed and friendly environment of 8-14 participants
- This shared support builds your confidence in your ability to manage your health and maintain an active and fulfilling life
- Participants take an active role in the workshops by setting their own weekly goals

## Programme details

- FREE of charge
- In-person or online workshop
- 2½ hour sessions once a week over 6 weeks
- Led by a cancer survivor in partnership with a facilitator who have undertaken special training provided by the National Cancer Control Programme

## We can help you with

Techniques to deal with problems such as:

- Getting better sleep
- Nutrition
- Managing frustration, fatigue or pain
- Setting priorities, action planning and problem solving
- Making decisions about treatment
- Relationships
- Communicating effectively with family, friends and health professionals
- Regaining and maintaining physical flexibility and endurance

**For more information contact:**

**National Cancer Control Programme**  
E: [info@cancercontrol.ie](mailto:info@cancercontrol.ie)

*"It was great to meet, talk and listen to those who have been through the same experience. Helped a lot"*

*"I've gotten a new lease of life from participating in the Thriving and Surviving Programme. 12 months ago it was chemotherapy, today it's parasailing"*

*"The holistic approach and specific skills development in each area gives great confidence in the ability to handle the future"*

*"There were times I felt so alone... the course provided me with a release valve"*

*"Tackling real life problems for cancer survivors made me come back"*

*"I feel more confident going back to work and plan to start job hunting"*