



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?

Cancer Thriving and Surviving offers you a sense of confidence and a chance to learn self-management skills when moving on from your cancer treatment.

How is the programme taught?

- Workshops are taught in a relaxed and friendly environment of 10-16 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
- At a location near you
- One class a week for 6 weeks
- Led by health professionals and cancer survivors who have taken special training
- 2½ hour sessions

What will you learn?

Techniques to deal with problems such as:

- Getting better sleep
- Nutrition
- Managing frustration, fatigue or pain
- Setting priorities
- 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

Irish Cancer Society
Cancer Nurse Helpline: 1800 200 700
www.cancer.ie/thrivingandsurviving

Marie Keating Foundation
www.mariekeating
www.surviveandthrive.ie



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service

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.

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

The techniques I learned during the course were very helpful.

The course is so valuable in every way. I found it covered all aspects of dealing with cancer.

I would recommend this course to anyone who has completed their cancer treatment.

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