



# 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 now taught online in groups of 8-12 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
- Online workshop
- Led by health professionals and cancer survivors who have taken special training
- 6 x 2½ hour sessions plus an introductory session

## 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

January 18th – March 1st 2023 at 6pm – hosted by Solas Cancer Support Centre, Waterford

Contact 051-304604 or [info@solascentre.ie](mailto:info@solascentre.ie)

February 21st – April 4th 2023 at 10am – hosted by ARC Cancer Support, Dublin

Contact 01-2150250 or [info@arccancersupport.ie](mailto:info@arccancersupport.ie)

April 19th – May 31st 2023 at 10:30am – hosted by Recovery Haven, Kerry

Contact 066-7192122 or [reception@recoveryhavenkerry.com](mailto:reception@recoveryhavenkerry.com)

September 26th – November 14th 2023 at 2pm – hosted by Purple House, Wicklow

Contact 01- 2866966 or [info@purplehouse.ie](mailto:info@purplehouse.ie)

Your local Cancer Support Centre may also be running further online or face-to-face CTS programmes throughout the year, please contact them directly for details.

### For more information contact:

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



Saibhís Sláinte  
Níós Fearr  
á Forbairt

Building a  
Better Health  
Service

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

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