

FREE COMMUNITY PRESENTATION

Worry, Sadness and Emotional Resiliency During the Cancer Journey

Guest Speaker: Nell Bennett, MSW, LCSW

You are invited to join us for an informative and compassionate discussion about cancer's potential impact to our mood, emotions and coping skills for resiliency.

The journey through cancer challenges our mind and spirit and can impact our mood, emotions, and relationships. Come explore and better understand our Mind-Body's response to cancer. Attendees will also be introduced to specific coping skills designed to help patients and family members respond to and better manage emotions that can be unfamiliar or overwhelming.

HIGHLIGHTS:

- Cancer and cancer treatment's potential impact on mood stability and outlook
- Increase your understanding about depression and anxiety
- Discover non-pharmaceutical interventions that help with mood resiliency
- Identify local counseling support resources for patients, their families and loved ones

TWO LOCATIONS:

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Wednesday, March 18, 2020 • 5:30 p.m.

850 Fair Oaks Avenue, Third Floor, Arroyo Grande

Please call Mission Hope, Arroyo Grande to register: 805.474.5300

MISSION HOPE CANCER CENTER, SANTA MARIA

Thursday, March 19, 2020 • 5:30 p.m.

1325 East Church Street, Santa Maria

Please call Mission Hope, Santa Maria to register: 805.219.HOPE (4673)



Nell Bennett, MSW, LCSW

Licensed Clinical Social Worker & Psychotherapist

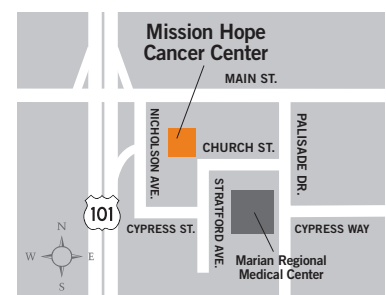
■ Nell is a psychotherapist and medical social worker in private-practice in San Luis Obispo. She works with persons impacted by chronic illness, unexpected health challenges and adjustment to disability.



Like us on Facebook:

Mission Hope Cancer Center

SANTA MARIA



ARROYO GRANDE



www.missionhopecancercenter.com

La Preocupación, la Tristeza y el Poder de Recuperación Durante el Transcurso del Cáncer

Presentación por: Iliana Legorreta Gelles, LMFT

Taller educativo sobre la salud mental: depresión y ansiedad.

Un diagnóstico de cáncer puede tener un impacto enorme en la mayoría de los pacientes y sus familias. Los cambios y retos que se deben de afrontar durante y después del tratamiento pueden llegar a afectar nuestra salud mental. En este taller hablaremos de que manera puede usted detectar el deterioro en su salud mental en usted o algún otro miembro de su familia. También hablaremos de los diferentes tratamientos disponibles.

EN ESTE TALLER USTED APRENDERÁ:

- Síntomas y tratamientos de depresión
- Trastornos de ansiedad y su tratamiento
- El duelo y sus etapas
- Como manejar el estrés



Iliana Legorreta Gelles, LMFT
Psicoterapeuta

Iliana es psicoterapeuta que provee servicios para menores, adultos y familias en su practica privada en Solvang, California. Iliana se especializa en trauma, trastornos de ansiedad y depresión.



Like us on Facebook:
Mission Hope Cancer Center

DOS UBICACIONES

MISSION HOPE CANCER CENTER, SANTA MARIA

Martes, 17 de Marzo, 2020 • 5:30 p.m.

1325 East Church Street, Santa Maria

Please call Mission Hope, Santa Maria to register: 805.219.HOPE (4673)

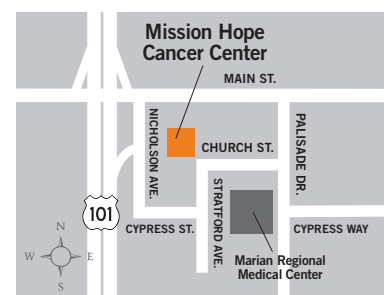
MISSION HOPE CANCER CENTER, ARROYO GRANDE

Miércoles, 25 de Marzo, 2020 • 5:30 p.m.

850 Fair Oaks Avenue, Third Floor, Arroyo Grande

Please call Mission Hope, Arroyo Grande to register: 805.474.5300

SANTA MARIA



ARROYO GRANDE

