

Online Hope Course



In partnership with

MACMILLAN
CANCER SUPPORT



Are you living with or after a cancer diagnosis?

Do you want to enhance your resilience through these difficult times, rediscover strengths and increase your ability to cope?

Join Macmillan Cancer Support and HOPE For the Community's 6 week Online HOPE programme.

Designed to support you to develop techniques and strategies to manage several aspects of living with cancer. During the online HOPE programme you will have the opportunity to learn from other people living with cancer and discuss and comment on others experiences.

You will be able to;

- set and share goals
- meet other people in a similar situation
- learn self-management strategies in a safe environment
- share with peers with support from trained facilitators.

The course lasts 6 weeks. We ask that you commit a minimum of 2 hours per week, at a time to suit you. You will need to have access to the internet via smartphone, tablet or computer.

To find out more and to book onto a course visit

<https://macmillan.fuseuniversal.com/communities/3463/contents/359132>

