

Cognitive Behavioral Therapy

Skills Group for Cancer Survivors



- 5 WEEKLY VIRTUAL SKILLS GROUPS
- ANYONE AT ANY STAGE OF TREATMENT OR POST-TREATMENT CAN ATTEND
- LEARN EVIDENCE-BASED SKILLS TO HELP MANAGE DEPRESSION AND ANXIETY
- LED BY MENTAL HEALTH PROFESSIONALS WITH EXPERTISE IN CANCER CARE
- NEXT GROUP BEGINNING MONDAY, NOVEMBER 29, 2021 2:30 PM TO 4:00 PM

If interested, please contact
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or Dr. Jennifer Kilkus (jennifer.kilkus@yale.edu)