Northwestern Medicine®

Mind Over Matter

This five-session program, led by Northwestern Medicine oncology social workers is designed to help you manage feelings of anxiety and depression and support your overall well-being. It offers practical, evidence-based tools you can use in your everyday life.

Each week, you'll learn and practice new strategies that draw from cognitive and behavior approaches as well as mind-body strategies. Because each session builds on the previous one, you are encouraged to attend weekly.

This program is offered virtually via Microsoft Teams. Registration is required.

To learn more about upcoming dates and times, contact the oncology social worker in your clinic.

This program is offered in collaboration with Inova Life with Cancer.