



Living Well With Cancer

Mindfulness-based Cognitive therapy for Cancer (MBCT-Ca)
8 week course

Living with cancer often means living with uncertainty, distress, pain and ill health. Mindfulness can support you in managing these challenges, helping you to live and appreciate each moment of your life with cancer in the best way you can. This 8 week course is suitable for anyone living with, or in recovery from, cancer and their family members.

Our qualified and experienced mindfulness teachers are delighted to offer this programme on a donation basis with all monies going towards supporting the work of CANDU in Dundee.

Please complete this form and return to CANDU to register for the next available course.*

Full Name:

Date of birth:

Email:

Address:

Mobile Phone:

Home Phone:

Emergency Contact:

Tel No:

GP/Consultant's Name:

Tel No:

Please outline any current or recent health concerns we need to be aware of. We also request that, if you have major health concerns, you discuss with your GP the suitability of your participation on this course.

If your health condition restricts your mobility please outline details here:

If you have had any mental ill-health, anxiety or depression in the last few years please tell us about it here:

Please describe any medication which you are taking at present and what it is for:

If you have any previous meditation experience please tell us about it here:

*Please note we have a waiting list for course places but will notify you as soon as possible of your course start date.