



Take Back Control

What is it?

Action Cancer is running a short programme to support children/young people impacted by cancer to deal with the worries and stress that follows a cancer diagnosis. The programme provides you with tools and techniques that will help you manage your emotions and provide life skills.

After the programme children/young people can attend Action Cancer for further one to one complementary therapy or counselling if they wish.

Who can attend?

Any child/young person impacted by cancer either through their own diagnosis or a parents/family member diagnosis. We can take up to a maximum of 15 children/young people per programme.

Is there a cost?

No it's free.

Where/when will it be held?

The programme will be held on the school premises on (insert date)

What happens in the sessions?

Session one:

- Understanding stress and emotions
- Exploring and normalising reactions
- Aromatherapy and relaxation techniques

Session two

- Recap of session one
- Good and bad stress – ways to cope
- Bach Flower Remedies and guided imagery
- Resources to use at home

Session 3

- Mindfulness – purpose and techniques
 - Deep breathing
 - A taste of mindfulness
 - Happy Feet
- Review/reflection on techniques learned
- Outline of Action Cancer services

Who delivers the programme?

Two highly experienced therapists trained to work with children/young people impacted by cancer will deliver the programme. One will have a counselling background and the second a complementary therapy background.

A school teacher will be present in the room at all time during the sessions.

TAKE BACK CONTROL PROGRAMME

Date:

How do I register?

If you would like to attend this programme please complete the form below and return the section below to your teacher (name).

Child/Young person's name

Address.....

Date of Birth Signature (if over 16yrs)

Specify cancer impact

Parental consent /signature (if child is under 16yrs)

NameSignature