



Beyond Cancer to Wellness

Beyond Cancer to Wellness programs offer a safe and supporting non-judgmental space to focus on the power of interpersonal relationships in the here and now to help resolve life challenges, create personal growth, healing and well being.

- Have you completed your cancer treatment?
- Are you interested in experiencing how your emotions - past and present affect your well-being?
- Are you interested in being a participant in a safe non-judgmental and supportive group with like-minded people?
- Are you interested in living well and staying well?
- Are you committed to attending the 8 weeks?

If so, this group can provide you an opportunity to expand your capacity to live life in a more authentic, truthful, heart centered and joyful way.

The group meets for 2 hours every week for 8 weeks. Call BMCH Head Office for the next start date to be held in Penrith.

Beyond Cancer to Wellness programs are held in the Blue Mountains, Penrith and Sydney area.

Beyond Cancer to Wellness

About this group

During the 8 weeks this group therapy program will include raising awareness of what stands between you and your peace of mind. It will endeavour to help you find emotional, spiritual and physical well being and psychological balance through the experiential and relationally oriented support of group dynamics. This group is facilitated by Gestalt psychotherapist and group leader, Phoebe Allwell.

Phoebe's Bio

Phoebe is a registered Gestalt psychotherapist, experienced group leader and certified energy medicine therapist who has been in practice for 16 years. Phoebe works with individuals and groups on a range of issues including: healing the past, life change and turning points, grief and loss, complex trauma / PTSD, facing chronic and life-threatening illness, relationships, depression, anxiety and stress.

With warmth and compassion Phoebe provides a safe and non-judgmental space in which to explore issues deeply using the body as an entry point into how we experience these issues.

Phoebe can be contacted on **0418 296 107** if you have any questions.

For registration and more information regarding

Beyond Cancer to Wellness

Call Blue Mountains Cancer Help on **02 4782 4866**
www.cancerhelp.net.au