

talk and thrive

For people living with, after or affected by cancer

A cancer diagnosis can bring with it a range of feelings like anxiety, stress, confusion, anger, scared and worry; resulting in loss of confidence, isolation and depression.

Talking therapy allows individuals to explore their feelings, talk about issues and challenges that having cancer or being affected by cancer can bring.

If you feel you would benefit from *Talk and Thrive* – please call us on

0161 455 0211

07496 089310

Email: info:can-survive.org.uk

[www: can-survive.org.uk](http://www:can-survive.org.uk)