

# JUST A CLICK AWAY

Online peer group support  
self-management  
Hope Programme

Living with or after a cancer diagnosis?

Do you want to enhance your resilience through these difficult times, rediscover strengths and increase your ability to cope?



Join our online self-management programme called HOPE. The programme focuses on topics including: • smarter goal setting • priorities and values • living positively with fears for the future • character strengths • physical activity • eating well • managing stress • coping with fatigue • finding things to be thankful for

**Start dates: 6th April, 4th May, 1 June 2020**

The course lasts 6 weeks. We ask that you commit a minimum of 2 hours per week, at a time to suit you, and have access to the internet via smartphone, tablet or PC.

Sign-up:  
[bit.ly/MAC-HOPE](https://bit.ly/MAC-HOPE)

**MACMILLAN  
CANCER SUPPORT**  
In partnership with

