

UCSF Psycho-Oncology presents

COMPASS

Acting Mindfully for a Valued Life

*Are you tired of struggling with worry, sadness, or fear?
Are you having difficulty getting back into your life?*

Learn how to use mindfulness and psychological flexibility to make satisfying choices and commit to personal values.

This is a 7-week psychotherapy program
focusing on learning and practicing strategies based upon
Acceptance and Commitment Therapy
For cancer patients and survivors

Facilitated by:
Dianne Shumay, PhD

Where: UCSF Mount Zion
Starts
When: October 4, 2018 and
held for 7 consecutive sessions.
Thursdays at 1:30pm

Contact Psycho-Oncology
415-353-7019
for more information and to register.
Open to UCSF cancer patients.
Fees may apply depending
upon insurance.

UCSF Helen Diller Family
Comprehensive
Cancer Center