

Contact Psycho-Oncology (415-353-7019) to register for this group or to schedule an individual appointment in our Sleep and Fatigue Clinic.

Psycho-Oncology Group Program: Improving Sleep and Fatigue

6-week GROUP Clinic

Learn scientifically-supported, non-medication-based strategies for managing cancer-related fatigue and insomnia.

Open to UCSF cancer patients, survivors, and caregivers seeking assistance with sleep problems and fatigue.

Mandatory information session on *Wednesday January 9th*
at UCSF Mission Bay Campus.

***Meetings to be held thereafter every Wednesday
for 6 weeks from 2:30 -4:00pm***

Fees may apply; Insurance accepted.
Facilitated by Anna Levin, PhD and Neha Goyal, PhD

Sponsored by UCSF Psycho-Oncology