

Lymphoedema

SUPPORT NETWORK



Presents

ANNA GRIFFITHS

Health Psychologist

BA, MSc(Hons), PGDipHlthPsych

This session will explore common reactions to coping with distress. We will then discuss strategies that can help people cope with the impact that chronic conditions can have on their lives.

Finally, we will give a brief summary of the support services provided by the Cancer Society.

Presented by Anna Griffiths, Anna is a registered Psychologist. She trained in the University of Auckland's Health Psychology programme. Anna has worked in physical health settings throughout her career primarily in oncology and chronic pain. She is now the Manager of the Psychology Service at the Cancer Society Auckland/Northland Division.

MONDAY 25TH NOVEMBER 2019
FROM 7PM TO 9.30PM
GUEST SPEAKER 7.30PM TO 8.30PM

**Location: Cancer Society Domain
Lodge, 1 Boyle Crescent Grafton
(off park road) Auckland**
**Free undercover parking
is available within the building**

Certificate for One Hour CPD
can be offered to Health
Professionals Attending



Managing Stress and Coping with a Chronic Condition

Complimentary Supper
from 8.30pm

All Welcome

*Merry
Christmas*

