



Survive and Thrive Program

Life After Treatment (Online)

The conclusion of cancer treatment can be a challenging time. With the rigors of treatment behind you, this class examines potential challenges, as well as issues related to identity that might arise as you move forward in survivorship. This class is intended to form a bridge between treatment and life as a cancer survivor. *Classes are held every third Friday of the month at 2pm via Microsoft Teams.*

Participants will:

- Explore issues related to identity as a "survivor"
- Learn coping strategies related to the unique stressors of survivorship
- Learn about Kaiser Permanente and community resources

Please speak with someone from your Oncology care team for a referral.

For general questions and information, call 415-833-7036.