

Mental Health and Cancer:

Caring for Your Emotional Well-Being



A cancer diagnosis affects more than just the body—it impacts the mind, emotions, and relationships. Join us to explore the emotional side of cancer for both patients and caregivers.



This session will focus on:

- Anxiety, depression, mood changes and stress management
- Coping with uncertainty and fear
- Grief and loss—before, during, and after treatment
- Supporting your loved ones while caring for yourself
- Strategies to help reduce emotional distress, improve communication, and strengthen mental health during and after cancer treatment

Presenter: Erin Rafter, PhD
Clinical Health Psychologist
 **Cleveland Clinic**

Thursday, November 6, 2025
12:00-1:00pm | Online

Zoom link sent upon registration



SCAN THE QR CODE TO REGISTER
OR VISIT OUR WEBSITE
[TOUCHEDBYCANCER.ORG/CALENDAR](https://touchedbycancer.org/calendar)

Questions?

Contact Susan Marinac at
216-455-1512 or marinac@touchedbycancer.org



The Gathering Place is a caring community that supports, educates and empowers individuals and families currently coping with the impact of cancer in their lives through programs and services provided free of charge.

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