

## FREE SELF HELP CLASS

The Hearst Cancer Resource Center invites you to

# De-Stress with us Mindfulness Class



**Lauren Jermstad, LCSW**

Licensed Clinical Social Worker

■ As a Clinical Social Worker, Lauren has tremendous passion to contribute positively to the wellbeing of others and wholeheartedly believes that every person deserves to feel supported as they navigate significant life changes. Many people diagnosed with cancer often express some form of depression, sadness or anxiety around their health. Join Lauren as she leads guided mindfulness sessions tailored toward health, healing and overall wellbeing.

*Now offered virtually on Zoom:*



**First Monday of each month • 4:30 p.m.**

**Facilitator: Lauren Jermstad, LCSW**

Cancer is a traumatic event that impacts a person's life. Learning and practicing mindfulness techniques can assist with enhancing positivity and can provide a break from the stress of illness and fill patients with a sense of calm to confront the challenges they face. Mindfulness trains participants to focus on the here and now as well as bring hope into their everyday lives. You're welcome to attend these online sessions with Lauren to experience the healing energy and calmness a gentle guided mindfulness session can bring.

**Registration required. Please call Hearst Cancer Resource Center at 805.542.6234 or email us at [HCRC@dignityhealth.org](mailto:HCRC@dignityhealth.org)**



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French Hospital Medical Center

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**[Dignityhealth.org/HCRC](https://Dignityhealth.org/HCRC)**

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