



for anyone  
affected by cancer

**TheMulberryCentre**

# Cancer Support Services

Face to face and remote services offered free of charge

## One to One Support

- Emotional Support
- Counselling & Coaching
- Legal Information
- Welfare and Benefits
- Befriending Service
- End of Life

## Wellbeing Classes

- Art Class
- Meditation
- Yoga
- Tai Chi
- Creative Writing
- Book Club

## Support Groups

- Patients
- Carers
- Bereaved
- Mens
- Breast Cancer

## Online Workshops

- Cancer Nutrition
- Managing Stress
- Emotional Freedom Technique
- Paired Massage
- Sleep Management
- Soft Tissue Release after Surgery
- How People Grieve
- Ladies Morning
- Hot Flushes, Body Image & Impact on Sex Life
- Introduction to Aromatherapy

## Complementary therapies

- Massage
- Reflexology
- Acupuncture
- Reiki
- Emotional Freedom Technique (EFT)
- Shiatsu

To register please visit our website  
for the timetable and more information.

[www.themulberrycentre.co.uk](http://www.themulberrycentre.co.uk)



**The Mulberry Centre**

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For more information

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