

FREE
Workshop

Cancer: Thriving and Surviving Program (CTSP)



Feel better! Join, learn and take control.

Learn new skills in this FREE 6-week workshop for adults who have cancer or are in remission.

Come learn how to better manage your health when living with a diagnosis of cancer, or experiencing remission from cancer. Join the **Cancer: Thriving and Surviving Program (CTSP)**.

- Build skills that will help you manage your health.
- Family, friends and caregivers are welcome to attend with you for free.

Workshop Details

DAY OF WEEK: Friday's

DATES: Oct. 16, through Nov. 20, 2026

TIME: 11:00 a.m. to 1:30 p.m.

LOCATION: Christus St. Vincent Regional Cancer Center
445 St. Michael's Drive, 2nd floor
Community Room, SF, NM x

TO REGISTER, CONTACT: Phy Encluna, CSV Patient Ambassador/Program Coordinator (505) 913-8951
phyliss.encluna@christushealth.org or
Mary Wyatt, LMSW, (505) 913-5731
mary.wyatt@christushealth.org

What topics and skills are covered during this workshop?

- Pain and fatigue management
- Living with uncertainty
- Planning for the future
- Goal-setting and making an action plan
- Decision-making
- Problem-solving
- Healthy eating
- Communication
- Dealing with difficult emotions
- Medication usage

