



HOPE Programme

If you have or have had a cancer diagnosis the HOPE (Help Overcoming Problems Effectively) programme can help you set positive goals for your future.

Supported by two trained HOPE facilitators the 2 day course provides a great opportunity to meet others who have had a cancer diagnosis and explore together proactive ways of taking control of your health and wellbeing.

Where: The Junction, 12 Beechvalley Way, Dungannon, Co. Tyrone, BT70 1BS

When: Wednesday 14 and Thursday 22 March 2018, 10am – 4.00pm

How do I sign up or get more information:

Tel no: 02890 708610 or Email: nilearning@macmillan.org.uk