

# FEAR OF CANCER RECURRENCE



Fear of cancer recurrence is a pervasive and often debilitating anxiety for many cancer patients.

The six-week Fear of Recurrence Therapy (FORT) program, developed by Dr. Sophie Lebel and Dr. Christine Maheu, teaches coping strategies like relaxation and cognitive restructuring, helps increase uncertainty tolerance, and assists in re-evaluating life priorities to manage fear of cancer recurrence.

There is no charge to participate.



For more information  
or to register, visit:

**[wellspring.ca/FORT](https://wellspring.ca/FORT)**

Wellspring is a charity that offers professionally-led programs and services to help with the emotional, social, practical and physical needs of people living with cancer. All at no charge.