



MOOD MATTERS

BY AWARE NI



LIVING WITH CANCER AND BEYOND

AWARE NI's Mood Matters is a free mental health awareness workshop for adults wanting to learn about mental health and managing mood. This course has been adapted in partnership with Macmillan Cancer Support to help anyone affected by cancer, either personally or through a loved one.

COURSE CONTENT

- Mental health and cancer
- How cancer can make you feel
- Stress, depression and anxiety
- Looking after your mental health
- Where to get support

HOW TO APPLY

Scan the QR code to apply:



DETAILS

Thursday 17th September 2026

10am - 12pm

Delivered online

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.



MACMILLAN
CANCER SUPPORT

AWARE-NI.ORG



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