



## Free Monthly Support Experiences for Survivors & Caregivers

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*Gentle, practical support to help you feel steadier, less alone,  
and more in control of your day-to-day life.*

**In 2026, My Best Life Coaching is offering a series of free, monthly virtual support experiences designed for survivors and caregivers. These sessions are open to anyone, regardless of where they receive care.**

### **Fear of Recurrence Circle**

***A monthly grounding space for anyone living with the worry that cancer might return.***

Fear of recurrence is one of the most common experiences in survivorship. Each month's Circle offers gentle grounding practices, supportive discussion, and practical tools for working with uncertainty, anxious thinking, and scan-related stress. A calm, nonjudgmental place to breathe, settle, and feel less alone.

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### **Caregiver Recharge Hour**

***A restorative hour for caregivers to pause, exhale, and reconnect with themselves.***

Caregiving is meaningful... and often exhausting. This monthly session offers simple nervous-system regulation practices, gentle reflection, and supportive tools for managing stress, guilt, emotional overload, and the ongoing demands of caring for someone with cancer. A space designed just for you.

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### **Find Your Footing**

***A monthly mini session to help survivors and caregivers regain clarity, steadiness, and direction.***

These short experiential gatherings introduce easy-to-use life-navigation tools for moments when you feel overwhelmed, ungrounded, or unsure of your next step. Through grounding, reflection, and gentle skills practice, you'll leave more centered and better equipped to move through the week with steadiness.

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### **Foundations Series: Monthly Workshops**

***A six-part workshop collection offering core skills for life after cancer and caregiving.***

Each month features a deeper, theme-based workshop focused on the emotional, physical, and identity challenges that often arise after treatment. Workshops include guided practices, reflective exercises, and practical strategies for navigating anxiety, pacing, identity shifts, emotional overwhelm, and planning your next chapter. Ideal for survivors and caregivers seeking meaningful support and structured guidance.

**VIEW CALENDAR ON BACK**

2026 Date	Experience (Virtual Events)
January 6	Find Your Footing: <b>The Ground Beneath You – Reorienting After Overwhelm</b> Tuesday, 11:30 AM to 12:30 PM
January 13	Fear of Recurrence Circle: <b>Changing the Question</b> Tuesday, 11:00 AM to 12:00 PM
January 22	Caregiver Recharge: <b>Finding Calm in the Middle of Everything</b> Thursday, 8:00 PM to 9:00 PM
January 28	Workshop: <b>Starting the New Year After Cancer: A Step Forward</b> Wednesday, 6:00 PM to 7:00 PM
February 3	Find Your Footing: <b>Clearing the Mental Fog, Creating Clarity</b> Tuesday, 11:30 AM to 12:30 PM
February 10	Fear of Recurrence Circle: <b>Meeting Fear Without Collapsing</b> Tuesday, 11:00 AM to 12:00 PM
February 19	Caregiver Recharge: <b>Caring Without Absorbing Everything</b> Thursday, 8:00 PM to 9:00 PM
February 25	Workshop: <b>Navigating Uncertainty and Anxiety</b> Wednesday, 6:00 PM to 7:00 PM
See More	January – June 2026 schedule is now posted.

For more information and experience registration:

<https://www.mybestlifecoaching.com/calendar>



All experiences are free, virtual, and open to anyone.  
No prior experience or preparation needed.