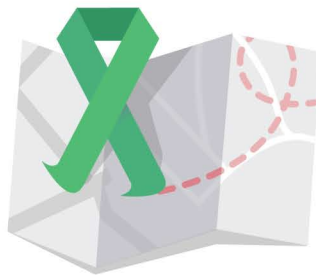


Finding My Way



Finding My Way



Finding My Way is an internet based coping program that provides a convenient, user friendly way to learn skills to improve your physical and mental well being during your treatment for cancer.

The program is offered free-of-charge to Australian adults 18 years or older with access to the internet. It is part of a research study being conducted by Flinders University, with support from the National Health and Medical Research Council.

Participation involves completing an initial survey (online), then being randomised (as in tossing a coin) to receive either a 6 week interactive program or a 6 week information program, followed by 3 online follow-up surveys.

If you would like further details about this study and to register for the program, please go to:

www.findingmyway.org.au

For more information, you are welcome to contact our **Research Coordinator** on **08 8204 7150**, or via email on:

info@findingmyway.org.au

You will receive a single reminder phone call from South Australian researchers to provide you further information, and point you in the right direction if you would like to participate. If you do not wish to be contacted, speak with your consulting health care professional.

www.findingmyway.org.au

This study has been reviewed by the Southern Adelaide Clinical Human Research Ethics Committee.



Australian Government
National Health and Medical Research Council

