




**CANCERcare**<sup>®</sup>  
Help and Hope

## FREE PROFESSIONAL SUPPORT SERVICES


CancerCare helps individuals, families, caregivers, and the bereaved better cope with and manage the emotional and practical challenges arising from cancer. Our services include counseling and support groups, educational publications and workshops, and financial assistance. All of our services are provided by professional oncology social workers and are offered completely free of charge. To learn more, visit [www.cancercare.org](http://www.cancercare.org).

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# Self Care for Young Adults Affected by Cancer

April 17, 2012

*CancerCare, New York, NY*

## A Wellness Event for Young Adults with Cancer, Post-Treatment Survivors, Caregivers, and the Bereaved

This evening event will provide young adults with helpful information and resources to maximize their ability to cope with life affected by cancer through practical and emotional approaches to wellness. Richard Dickens, LCSW-R will end the evening with a presentation on guided imagery and meditation.

### Break Out Sessions include:

- **Young Adult Patients & Survivors:** Getting the Most Out of Your Doctor Visits  
*Anna Eckhardt, LMSW*
- **Young Adult Caregivers:** Preventing and Managing Caregiver Burnout  
*Carly Mesavitz, LMSW*
- **Young Adult Bereaved:** Remembering Your Loved One  
*Angelique Caba, LMSW*

### Date

Tuesday, April 17, 2012

### Time

5:15 p.m. - 7 p.m.

### Location

CancerCare  
275 Seventh Avenue, 22<sup>nd</sup> Floor  
New York, NY 10001

### Contact

Please contact Angelique Caba, LMSW at 212-712-6174 to register.

**Pre-registration is required; limited space available**

CancerCare National Office, 275 Seventh Avenue, New York, NY 10001 • 800-813-HOPE (4673)