



CANCERcare[®]
Help and Hope

FREE PROFESSIONAL SUPPORT SERVICES

CancerCare helps individuals, families, caregivers and the bereaved cope with the emotional and practical challenges of cancer. Our services include case management, counseling, support groups, educational workshops, publications and financial assistance. All of our services are provided by master's-prepared oncology social workers and are offered completely free of charge. To learn more, visit www.cancercare.org.

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CancerCare[®] National Office
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New York, NY 10001
800-813-HOPE (4673)



Gratitude Workshop: Thursday, November 19, 2020

“In the face of demoralization, gratitude has the power to energize. In the face of brokenness, gratitude has the power to heal. In the face of despair, gratitude has the power to bring hope. In other words, gratitude can help us cope with hard times.” - Robert Emmons

This workshop will help foster gratitude and hope in children and adults coping with a cancer diagnosis. Discover new tools to build resilience, a skill most needed in bouncing back from stress.

WHO CAN ATTEND

Children (ages 4 and up) who have a parent/guardian with cancer, along with the adult who has cancer and their partner/spouse.

TIME

6:00 p.m. - 7:30 p.m.

LOCATION

This workshop will utilize a secure virtual platform.

FOR MORE INFORMATION, PLEASE CONTACT

Ariana Parmese at 800-813-4673 ext. 6808
or aparmese@cancercare.org

Registration is required.