



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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Mindful Moments Monthly Program

CancerCare is hosting a monthly program for caregivers to focus on their own self-care practices called Mindful Moments. Each month will feature a new self-care practice for caregivers to engage in and then discuss.

DESCRIPTION

Caregivers are often our unsung heroes and it's important they have a dedicated space for support. Through these meetings, CancerCare will create a strong community for caregivers while also giving caregivers one hour a month that they know is just for them. Mindful Moments meetings will not build on each other so caregivers are welcome to join at any time and attend meetings that resonate with them. Please know this is also a space for caregivers to learn new practices.

DATE/TIME

This program will run monthly on the first Wednesday of every month at 4:00 p.m. EST

Our Upcoming Meetings

November 3, 2021: Journaling
December 1, 2021: Guided Imagery
January 5, 2022: Progressive Muscle Relaxation
February 2, 2022: Meditation

LOCATION

This program will be held virtually using Zoom. If you are not able to use the video function, you will also be able to call into the workshop.

REGISTER

This program is open to national caregivers and is free, but pre-registration is required. For more information or to register, please contact our Hopeline at 800-813-HOPE (4673) or contact Alyson Erardy, LMSW at 212-712-8075 or aerardy@cancercare.org.