



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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Healing Hearts: Gratitude Workshop

“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

DESCRIPTION

CancerCare is offering a workshop that will help foster gratitude and hope in children and adults coping with the loss of a loved one from cancer. Discover new tools to build resilience, a skill most needed in bouncing back from stress and loss.

WHO CAN ATTEND

Children ages 4 and up and their parent(s) who have lost a loved one to cancer within the past two years.

DATE AND TIME

This workshop will take place on Saturday, April 10 from 10 a.m. to 11:30 a.m. ET. This workshop will utilize a secure video platform.

REGISTER

Space is limited and pre-registration is required. For more information or to register, call our Hopeline at 800-813-HOPE (4673) or Ariana Parmese at 800-813-4673 ext. 6808 or aparmese@cancercare.org or Christine Calafiore at 800-813-4673 ext. 6804 or ccalafiore@cancercare.org