



**CANCERcare**<sup>®</sup>  
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](http://www.cancercare.org).

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**CancerCare<sup>®</sup> National Office**  
275 Seventh Avenue  
New York, NY 10001  
800-813-HOPE (4673)

# Ways to Wellness

## Monthly Workshop Series

**CancerCare's Coping Circle Community Programs is proud to present a series of national virtual workshops focused on the needs of people with cancer and their caregivers.**

The workshop modules will each focus on a skill or topic that may impact the person with cancer and their caregiver while they cope with cancer – both in-treatment and post-treatment.

The objective is to assist and support people living with cancer and their caregivers while providing information and education, as well as suggestions for improving life with cancer skills.

### DATE/TIME

This free, virtual workshop series will continue to occur on a monthly basis.

#### **Session 1: Yoga and Somatic Healing Practice**

September 9, 2021 from 4:30 p.m. to 6 p.m. ET

#### **Session 2: Qigong: Qi Radiance Healing**

October 7, 2021 from 6 p.m. to 7:30 p.m. ET

#### **Session 3: Music Therapy**

November 4, 2021 from 6 p.m. to 7:30 p.m. ET

#### **Session 4: Chemo Induced Peripheral Neuropathy**

December 9, 2021 from 4:30 p.m. to 5:30 p.m. ET

### LOCATION

This workshop 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.

### FACILITATORS

Christine Calafiore, LSW is an oncology social worker at CancerCare and will co-facilitate all sessions.

**Session 1:** Sara Kossove LCSW, LCADC, SEP, RYT-200. Sara specializes in Individual Therapy, Trauma Therapy, and Supervision.

**Session 2:** Virginia Smith, LMT has International Certification in Medical Qigong from the Institute of Traditional Medicine, CA, and Dan Tao Center, NYC. She has studied with her Sifu, Master Sat Chuen for over half a decade.

**Session 3:** Jennifer Knittel, MT-BC, President of the New Jersey Association for Music Therapy

Kathryn L. Clores, MTI

**Session 4:** Alana Papa, PT, DPT, Staff Physical Therapist, Certified ReVital Cancer Rehabilitation Specialist

Julianne Couch Mauch, OTR/L, Clinical Specialist Occupational Therapist, Certified Lymphedema Therapist, Certified ReVital Cancer Rehabilitation Specialist

### REGISTER

This program is open to national patients and 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 Christine Calafiore at 201-301-6804 or [ccalafiore@cancercare.org](mailto:ccalafiore@cancercare.org).