



**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.cancercares.org](http://www.cancercares.org).

## CONNECT WITH US



**FACEBOOK**  
[www.facebook.com/cancercares](http://www.facebook.com/cancercares)



**BLOG**  
[www.cancercares.org/blog](http://www.cancercares.org/blog)



**YOUTUBE**  
[www.youtube.com/cancercaresinc](http://www.youtube.com/cancercaresinc)



**TWITTER**  
@cancercares



**INSTAGRAM**  
@cancercaresus

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



## Young Adult Coping Circle Virtual Workshops

**Are you a Young Adult affected by cancer? Are you seeking more information about the impact of cancer, survivorship or quality of life?**

### DESCRIPTION:

CancerCare is hosting a series of educational workshops for Young Adults between the ages of 19-39 who have been affected by cancer. These workshops will provide information pertaining to relevant topics such as fertility preservation, dating & relationships, survivorship, nutrition & exercise, communicating with your medical team, returning to work/disclosing in the workplace and many others!

The upcoming Summer workshops are the following:

### **Sex & Sexuality During & After Cancer Treatment**

*Melissa Donahue, MSW, LMSW, CST, CSTS*

Tuesday, July 20, 2021, 6:00 p.m. - 7:30 p.m.

### **The Top 5 Most Important Nutrition Tips for Cancer Treatment\*** *In partnership with Savor Health*

*Karen Berg, Oncology Dietician, MS, RD, CSO, CDN*

Tuesday, July 27, 2021, 6:00 p.m. - 7:30 p.m.

\*The second half of the workshop will include a cooking demo! The ingredient list will be sent following registration if you are interested in cooking along with Karen.

### LOCATION

These virtual workshops will be held using Zoom. A secure link will be sent once registration is complete. If you are not able to use the video function, you will also be able to call into the workshop.

### FOR MORE INFORMATION OR TO REGISTER, CONTACT

our Hopeline at 800-813-HOPE (4673) or contact our Young Adult Program Manager, Marlee Kiel, LMSW, at 212-712-8029 or [mkiel@cancercares.org](mailto:mkiel@cancercares.org).

**This program is free, but pre-registration is required.**