



**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 resource navigation, 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).

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



# Coping with Cancer During the Holidays

## Long Island Community Program

### DESCRIPTION

CancerCare is offering a free 90-minute workshop available to cancer patients to learn how to improve coping skills during the holidays. The workshop will help participants learn ways to manage feelings of stress and anxiety, while still creating meaningful ways to celebrate. This workshop will review mindfulness techniques and provide a group exercise to practice this skill together. Participants will have the opportunity to ask questions and engage in an open discussion with an oncology social worker.

### DATE/TIME:

Tuesday, November 15, 2022, from 5:30 - 7 p.m. ET.

### LOCATION:

This workshop will be held in person at our Long Island location at 819 Grand Blvd. Suite 3, Deer Park, NY 11729.

### FOR MORE INFORMATION OR TO REGISTER, CONTACT

Our Hopeline at 800-813-HOPE (4673) or Marissa Fors, LCSW, OSW-C at 212-712-8027 or [mfors@cancercares.org](mailto:mfors@cancercares.org). This program is free, but pre-registration is required. Space is limited.

**PLEASE NOTE:** All visitors and clients must be fully vaccinated to enter CancerCare offices. Proof of vaccination is required prior to attendance. All visitors and clients are required to wear a mask that covers their mouth and nose at all times while at CancerCare.