



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 practice for caregivers to engage in and then discuss. Practices will include journaling, guided imagery, progressive muscle relaxation and meditation.

DESCRIPTION

Caregivers are often our unsung heroes and it's important there is a dedicated space for support. Through these meetings, CancerCare hopes to create a strong sense of 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, but 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

April 6, 2022: Journaling (to register, [click here](#))

May 4, 2022: Guided Imagery (to register, [click here](#))

June 1, 2022: Progressive Muscle Relaxation (to register, [click here](#))

July 6, 2022: Meditation (to register, [click here](#))

LOCATION

This program will be held virtually via 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 free, but pre-registration is required. Mindful Moments meetings are open to national caregivers who are caring for a loved one in active treatment or caring for a loved one who has completed active treatment in the last 18 months.

To register, **please use the zoom links above**. Additionally, you can find out more information or register by contacting our Hopeline our Hopeline at 800-813-HOPE (4673) or contact Alyson Erardy, LMSW at 212-712-8075 or aerardy@cancercare.org.