



**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 counseling, support groups, educational workshops, publications and financial assistance. All of our services are provided by professional 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)



# Gratitude Workshop: Thursday, November 21, 2019

***“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***

This workshop will help foster gratitude and hope in children and adults coping with a cancer diagnosis. Discover new tools to build resilience, a skill most needed in bouncing back from stress.

## WHO CAN ATTEND

Children (ages 4 and up) who have a parent/guardian with cancer, along with the adult who has cancer and their partner/spouse.

## LOCATION

CancerCare  
One Kalisa Way, Suite 205  
Paramus, NJ 07652

## TIME

5:30 p.m. – 7:30 p.m.

## FOR MORE INFORMATION, PLEASE CONTACT

Ariana Parmese at 201-301-6808 or [aparmese@cancercare.org](mailto:aparmese@cancercare.org)

## OR

Brooke Laster, LCSW, at 201-634-5787  
or [blaster@valleyhealth.com](mailto:blaster@valleyhealth.com)

**Registration is required.**

**Pizza and refreshments will be served.**



Valley  
Health  
System



Mount  
Sinai

COMPREHENSIVE CANCER CARE