



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 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.cancercares.org.

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CancerCare[®] National Office
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New York, NY 10001
800-813-HOPE (4673)



Mindful Hour Workshop Series Holistic Care Support

Thursday, November 14, 2019

The next part of the Mindfulness Workshop Series will focus on holistic care and support. This session will be led by Rev. Chaplain Rita Bakr, who is a board certified clinical chaplain, pastoral and bereavement counselor as well as a hospital chaplain and end of life doula. The session will enable participants to discuss emotional and spiritual support practices, life adjustment, loss, empowerment and self-care.

CancerCare is recruiting for these monthly workshops on Thursday evenings. These workshops focus on enhancing knowledge and relaxation through the use of different methods including positive psychology, reiki, deep relaxation, spirituality, acupuncture and more.

WHO SHOULD ATTEND

Anyone touched by cancer including patients, caregivers and bereaved.

LOCATION

CancerCare
One Kalisa Way, Suite 205
Paramus, NJ 07652

TIME

5:30 p.m. – 7:00 p.m.

FOR MORE INFORMATION OR TO REGISTER, PLEASE CONTACT

Christine Calafiore, LSW, at
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Erin Murphy-Wilczek, LSW, at
201-301-6805 or emurphy@cancercares.org

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