

**CancerCare's Mission**

CancerCare is a national nonprofit, 501 c(3) organization that provides free, professional support services to anyone affected by cancer: people with cancer, caregivers, children, loved ones, and the bereaved. CancerCare programs—including counseling and support groups, education, financial assistance and practical help—are provided by professional oncology social workers and are completely free of charge. For more information, call 1-800-813-HOPE (4673) or visit [www.cancercare.org](http://www.cancercare.org).

CancerCare is pleased to have collaborated with the following organizations in offering this Connect® Workshop:

**American Cancer Society**

[www.cancer.org](http://www.cancer.org); 1-800-ACS-2345

**American Society of Clinical Oncology**

[www.cancer.net](http://www.cancer.net); 1-888-651-3038

**Association of Clinicians for the Underserved**

[www.clinicians.org](http://www.clinicians.org); 1-703-442-5318

**Association of Oncology Social Work**

[www.aosw.org](http://www.aosw.org); 1-215-599-6093

**Black Women's Health Imperative**

[www.blackwomenshealth.org](http://www.blackwomenshealth.org); 1-202-548-4000

**Cancer Patient Education Network**

[www.cancerpatienteducation.org](http://www.cancerpatienteducation.org)

**Cancer Support Community**

[www.cancersupportcommunity.org](http://www.cancersupportcommunity.org); 1-888-793-9355

**Education Network to Advance Cancer Clinical Trials**

[www.enacct.org](http://www.enacct.org); 1-240-482-4730

**Intercultural Cancer Council**

[www.iccnetwork.org](http://www.iccnetwork.org); 1-713-798-4614

**Joe's House - A Lodging Guide for Cancer Patients**

[www.joeshouse.org](http://www.joeshouse.org); 1-877-563-7468

**The LGBT Cancer Project**

[www.lgbtcancer.org](http://www.lgbtcancer.org)

**LIVESTRONG**

[www.livestrong.org](http://www.livestrong.org); 1-855-220-7777

**Multinational Association of Supportive Care in Cancer**

[www.mascc.org](http://www.mascc.org)

**National Center for Frontier Communities**

[www.frontierus.org](http://www.frontierus.org); 1-575-534-0101

**National Coalition for Cancer Survivorship**

[www.canceradvocacy.org](http://www.canceradvocacy.org); 1-888-650-9127

**National Family Caregivers Association**

[www.thefamilycaregiver.org](http://www.thefamilycaregiver.org); 1-800-896-3650

**Research Advocacy Network**

[www.researchadvocacy.org](http://www.researchadvocacy.org); 1-877-276-2187

**Vital Options International & The Group Room®**

[www.vitaloptions.org](http://www.vitaloptions.org); 1-800-477-7666

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**CANCERCARE**  
NATIONAL OFFICE  
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NEW YORK, NY 10001

Connect® WORKSHOP



## Stress Management for Caregivers: Practical Tips to Cope

Friday, June 29, 2012  
1:30 - 2:30 PM Eastern Time

A free Connect® Workshop for caregivers of people living with cancer, their families, friends and health care professionals

You can listen to this workshop over the telephone or connect to our webcast online.

**What is a Connect® Workshop?**

CancerCare's free Connect® Workshops are a way for people to learn about cancer-related issues from the convenience of their home or office. Leading experts in oncology provide the most up-to-date information on the telephone.

**How do I participate?**

You can listen to this workshop on the telephone or via live streaming through the Internet. Participation is free.

**How do I register?**

There are three ways to register:

- Mail this registration form to CancerCare
- Call **1-800-813-HOPE (4673)**
- Register online at:  
**www.cancercares.org/connect.**

After you have registered, you will receive additional information.

**Missed a Connect® Workshop?**

A listing of featured programs is available by calling **1-888-337-7533**, 24 hours a day, 7 days a week.

You can also listen to previous workshops on the CancerCare web site. Just log on to **www.cancercares.org/podcasts.**

For more information, call CancerCare at  
**1-800-813-HOPE (4673)**  
**www.cancercares.org**  
**connect@cancercares.org**

**Stress Management for Caregivers: Practical Tips to Cope**

Friday, June 29, 2012  
1:30 - 2:30 PM Eastern Time

**Workshop Topics**

- Taking on the Role of Caregiver
- Caring for the Person with Cancer
- Coping with Holidays, Birthdays and Special Occasions
- Managing Family, Friends, Partners and Traditions
- Long-Distance Caregiving
- Self-Care Tips and Suggestions
- Overview of Caregiving Resources
- Questions for Our Panel of Experts

**Speakers**

**Stewart B. Fleishman, MD**  
Founding Director, Cancer Supportive Services  
Continuum Cancer Centers of New York:  
Beth Israel & St. Luke's-Roosevelt

**Laurel L. Northouse, RN, PhD, FAAN**  
Mary Lou Willard French Professor of Nursing  
University of Michigan School of Nursing

**Guadalupe R. Palos, RN, MSW, DrPH**  
Clinical Research Manager  
The University of Texas MD Anderson Cancer Center  
Division of Medical Affairs  
Department of Cancer Survivorship

**Christine Rubin, MSW**  
Oncology Social Worker  
CancerCare

**REGISTRATION FORM****Stress Management for Caregivers:  
Practical Tips to Cope**

Friday, June 29, 2012

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE\* \_\_\_\_\_

\*Please list the phone number where you can be reached on the day of the workshop.

EMAIL \_\_\_\_\_

NUMBER OF PARTICIPANTS \_\_\_\_\_

ARE YOU A HEALTH CARE PROFESSIONAL?

YES \_\_\_\_\_ NO \_\_\_\_\_

Please mail this registration form to:  
**Carolyn Messner, DSW, MSW**  
**Director of Education and Training**  
**CancerCare**  
**275 Seventh Avenue**  
**New York, NY 10001**

or

register online at **www.cancercares.org/connect**

For more information, call CancerCare at  
**1-800-813-HOPE (4673)**, visit us online at  
**www.cancercares.org**, or email us at  
**connect@cancercares.org.**