## Connecting With Caregivers: YOUNG ADULT SUPPORT GROUP



Join our virtual space to connect with other young adult caregivers in New York.



Emily LaMagna, LMSW Oncology Social Worker

CancerCare is offering a free, biweekly live support group (8 sessions) for people in New York in their 20s and 30s who are caring for a loved one with cancer. This group will provide a safe place to exchange support and receive information and guidance while discussing the unique challenges of caregiving as a young adult.

Space is limited and pre-registration is required.

## WEEKLY ON MONDAYS, FROM 5:30 - 7 p.m. ET

Has your parent, sibling, family member or friend been diagnosed with cancer? Caring for a loved one can be an overwhelming experience. Adjusting to this new role, navigating the medical system and finding balance between providing care for yourself, as well as your loved one, can be difficult. Connecting with others who are in similar situations can be a powerful and comforting experience to help you feel less alone.

This group will be held virtually using Zoom. If you are not able to use the video function, you will also be able to call into the group.





For more information or to register, call our Hopeline at 800-813-HOPE (4673) or contact Emily LaMagna, LMSW, at elamagna@cancercare.org.

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