

CAREGIVER SURVIVAL

6 Weeks | Curriculum-Based Support Group

Join our free virtual support group providing psychoeducation and supportive information for the challenges cancer caregivers face. This is a closed group and will be accepting 20 participants per 6 week session.

Friday Meetings via Zoom
10:00-11:00am (CST)
April 12- May 17

Curriculum Topics:

- *"Great Expectations" of Caregivers*
- *Emotional Regulation Through Stressful Times to Prevent Burnout*
- *How to be Heard*
- *Life Satisfaction: Understanding the Importance of Self-Care*
- *Caregiving- Is it All Bad?*

SIGN UP TODAY!

Accepting the first 20 registrants



Visit

texasoncologyfoundation.org/caregiver-survival/
for more information.

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For Additional Information

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