

You're invited to join us...

Family Caregiver Support Group



Are you caring for a loved one?

A cancer diagnosis affects close friends and family, too. Join us to find out what to expect if you become a caregiver for a person with cancer, and get tips for making sure that you take care of yourself as well. Caregiver support groups can also help caregivers develop new skills for coping and caring in addition to learning from others facing similar situations. Our support group offers a safe place to explore the emotional aspects of cancer by providing a forum to share and work through feelings and challenges. **Join us on online.**



**Zoom meetings fourth Wednesday of the month:
July 28 and August 25 • 1:00 p.m.**

For more information and/or to register, please call 805.219.HOPE (4673)



FREE WORKSHOP
FOR CAREGIVERS:

Confident Caregiving

Presenters: Kiersten Arnaudin
MSW, LCSW, and
Nell Bennett, MSW, LCSW

**Wednesday,
August 18 • 3:00 p.m.**

**Mission Hope Cancer
Center, Conference Room**
1325 East Church Street
Santa Maria

This special presentation is for those caring for loved ones who are undergoing cancer treatment. Learning strategies to cope with the unique stressors caregivers face can increase your confidence and facilitate overall well-being. Participants will be guided through an activity to help them better identify and expand their support system. Practical ideas about how to develop a personalized caregiving plan and access local resources will be offered. Critical strategies for prioritizing self-care will also be presented.

Held onsite, class seating is limited. To register, please call 805.219.HOPE (4673)



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www.missionhopecancercenter.com