

NEW SUPPORT GROUP FOR

Family Caregivers

Caregivers are called upon to balance their careers and family needs while making sure their loved ones are getting to appointments and treatments. Mission Hope offers support for the hardworking caregivers among us.

Join us to find out how to respond to your new role as a caregiver for a person with cancer. Group members share practical tips for making sure that you can take care of both your loved one and yourself—all while building camaraderie with fellow family caregivers.

While you might not have control over your loved one's cancer journey, you do have control over how you decide to face this season of life. Joining a caregiver support group is a great way to expand your support and resource networks during this often unexpected challenge. You will discover helpful strategies to cope with the unique, cancer-related stressors family caregivers face and increase your confidence to facilitate overall better well-being for yourself. Anyone serving as the primary support person for someone with cancer is encouraged to attend.

SESSIONS LED BY OUR KNOWLEDGEABLE FACILITATOR:

Kiersten Arnaudin, MSW, LCSW, Oncology Social Worker

MISSION HOPE CANCER CENTER, SANTA MARIA

Wednesday, January 26 • 1:00 p.m.

1325 East Church Street, Santa Maria

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Wednesday, February 23 • 1:00 p.m.

850 Fair Oaks Avenue, Third Floor, Arroyo Grande

Seating is limited and reservations are required.

Please call Mission Hope Cancer Center at 805.219.HOPE (4673)



Keep up with all our classes and programs at both locations at our website:
www.missionhopecancercenter.com

Offered at
two locations



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