

# CARE FOR THE CAREGIVER

***Presented by The Center for Cancer Prevention and Treatment***



## **Please Join us for Care for the Caregiver Workshop and Panel Discussion**

If you are just beginning the journey caring for a loved one, join us for some valuable information and insights. If you have been on this journey for some time, join us to offer you wisdom and perspective.

Each workshop will provide pertinent information with ample time for Q&A and participant contribution.

### **Virtual Workshop Date and Topic:**

All workshops are held virtually via ZOOM at 12pm (PST)

Friday, February 4: Caregiving Introduction and Overview

Thursday, March 17: Practical Roles and Responsibilities

Thursday, April 28: A life of Uncertainty

Thursday, May 19: Communication & Relationships

Thursday, June 16: Self-Care

Thursday, August 18: Pain, Discomfort & Suffering

Thursday, September 1: The Nature of Loss

Thursday, October 20: Easing a Loved One's Death

Thursday, November 17: Caregiving Through the Holidays

### **Facilitation & Support**

Facilitated by peer family caregivers, John Razzano and [Ray Stermer](#), R.Ph. PD, MBA

Professional support by: Frances Baumgarten PhD, Clinical Psychologist with Center of Cancer Counseling, cancer survivor and family caregiver; Emily Pozarski, RN, OCN and family caregiver

### **Register**

Please RSVP to Emily Pozarski by calling 714-734-6236 or email [emily.pozarski@stjoe.org](mailto:emily.pozarski@stjoe.org) to receive the ZOOM link