

Lunch and Learn Series for Cancer Caregivers

These free sessions are designed to provide you with the tools needed to care for yourself as you care for your loved one. Take advantage of this opportunity to connect with other caregivers. Space is limited to eight participants.

When: The first Monday of April, May and June from 12 p.m. - 1:30 p.m.

Where: 12 High Street on the CMMC campus, conference room D.

April 5

The Art of Caregiving 101

Jeff Galipeau's wife was diagnosed with lung cancer in 2009. He'll share his experience and lessons learned along the way.

May 3

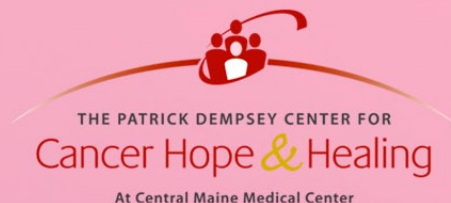
Communicating Feelings, Needs and Concerns

Open dialogue between patient and caregiver can be difficult. Learn tips on navigating challenging conversations.

June 7

Techniques to be an Effective Advocate

Discuss ways to enhance your ability to advocate for your loved one, including working through "red tape" and bureaucratic systems.



Lunch will be provided. Please pre-register by calling:
The Patrick Dempsey Center for Cancer Hope & Healing
795-8250 or toll-free 1-877-336-7287

www.dempseycenter.org