

# 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 while offering the opportunity to connect with other caregivers.

**When:** The first Monday of the month from 12 p.m. - 1:30 p.m.

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

## July 5 **The Language of Comforting**

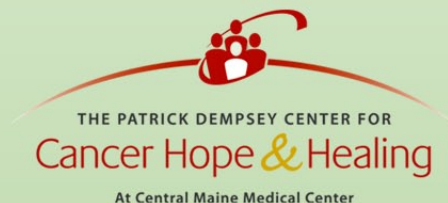
Listening with warmth and acceptance is one of the greatest gifts we can give someone. Guest presenter Val Walker will discuss what to say and do for people in distress.

## Aug 2 **Navigating Health-Related Documents**

Guest presenter Susan Applegate, LSW, MSM and certified Advance Care Planning Facilitator will navigate the jargon of advance directives, living wills, power of attorney, DNRs and more.

## Sep 13 **Caring for My Mom**

Dempsey Center Volunteer Corps Manager Mary Dempsey will share what she's learned caring for her mother, who was first diagnosed with cancer 11 years ago.



Lunch will be provided. Please pre-register by phone or online:

The Patrick Dempsey Center for Cancer Hope & Healing

795-8250 or toll-free 1-877-336-7287

[www.dempseycenter.org](http://www.dempseycenter.org)

