



## **Cancer Support Now**

**Presents a Free Workshop:**

### **Caring for the Cancer Caregiver**

*Caregivers Accepting & Asking for Assistance*

*Problem Solving*

*Practical Considerations*

*Workshop & Roundtable Discussion*

**July 19, Saturday, 10am to 2:30pm**

**At Adelante in the Café Room on west side of building**

**3900 Osuna NE, Albuquerque, NM**

#### **AGENDA**

- 10:00 am to 10:30am:** It's All About My Loved One, Friend, Co-worker – Or Is It?
- 10:30am to 11:15am:** Emotions, You and Stress; Ways to De-stress - Deep Breathing, Meditation, Prayer, Gratitude, Physical Movement, Visualization, Guided Imagery
- 11:15am to Noon:** Problem Solving – Getting the Help You Need
- Noon to 12:30 pm:** Lunch: Bring a brown bag lunch
- 12:30pm to 1:30pm:** Share the Care/Hospice/Advance Directives
- 1:30pm to 2:30 pm:** Caring for Your Loved One at Home – understand the situation or condition, learn what you can do to help, know when to seek professional help

**Register with Patricia Torn, 505-307-3414 or [ptorn@comcast.net](mailto:ptorn@comcast.net)**  
**Registration available for 10 people. Waitlist available for future classes.**

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