



Cancer Support Now

Presents a Free Workshop in Albuquerque at Adelante 3900 Osuna NE,
Registration Required: Call Patricia Torn at 307-3414 or ptorn@comcast.net

Refreshments Provided

Caring for the Cancer Caregiver

Caregivers Accepting & Asking for Assistance

Problem Solving

Practical Considerations

Workshop & Roundtable Discussion

Choose either October 24 or November 7, Saturday, 9:00am to 1:00pm

AGENDA

- 9:00am: It's All About My Loved One, Friend, Co-worker – Or Is It?
- 9:30am: Emotions, You and Stress; Ways to De-stress - Deep
Breathing, Meditation, Prayer, Gratitude, Physical
Movement, Visualization, Guided Imagery
- 10:15pm: Problem Solving – Getting the Help You Need
- 10:45 am: BREAK
- 10:55am Share the Care/Hospice/Advance Directives/Other paper work
- Noon: Caring for Your Loved One at Home – Resources
- 12:30: Roundtable Discussion
- 1:00: Evaluation

This workshop is partially sponsored by:



Thank you all for participating in the workshop and roundtable discussion