

# CAREGIVER CONNECTIONS

Is a free, ongoing virtual support group where people can share their personal experiences, ways of coping and helpful resources. We meet twice a month via Zoom and have a guest speaker at the start of the second meeting to provide you with additional information, insight and personal support.

## WHEN WE MEET

Every 1st Thursday | 10:00-11:00am

Every 3rd Thursday | 10:00-11:30am

Date	Session Details
May 6, 2021	1 <sup>st</sup> Thursday Full Hour Support Group Meeting
May 20, 2021	<i>Laughter Yoga</i> Guest Speaker: Simone Barnes, Certified Laughter Yoga Teacher
June 3, 2021	1 <sup>st</sup> Thursday Full Hour Support Group Meeting
June 17, 2021	<i>Effective Communication &amp; Setting Boundaries as a Caregiver</i> Guest Speaker: Debbi Newton, LCSW, OSW-C
July 1, 2021	1 <sup>st</sup> Thursday Full Hour Support Group Meeting
July 15, 2021	<i>Selfcare: Sleep &amp; Cognition for the Caregiver</i> Guest Speaker: Sabrina Mikan, PhD, RN, ACNS-BC
August 5, 2021	1 <sup>st</sup> Thursday Full Hour Support Group Meeting
August 19, 2021	<i>Navigating In-Home Care</i> Guest Speaker: Penny DeCou, LCSW, OSW-C
September 2, 2021	1 <sup>st</sup> Thursday Full Hour Support Group Meeting
September 16, 2021	<i>Balancing on a Shifting Rug: Handling Sensitive End of Life Discussions &amp; Care</i> Guest Speaker: Tani Bahti, RN, CT, CHPH
October 7, 2021	1 <sup>st</sup> Thursday Full Hour Support Group Meeting
October 21, 2021	<i>Financial Toxicity</i> Guest Speaker: Rebecca Clinton, MBA, LCSW, OSW-C
November 4, 2021	1 <sup>st</sup> Thursday Full Hour Support Group Meeting
November 18, 2021	<i>Caring for Caregivers During the Holidays</i> Guest Speaker: David Zuniga, PhD, MDIV, MA
December 2, 2021	1 <sup>st</sup> Thursday Full Hour Support Group Meeting
December 16, 2021	<i>Mindfulness &amp; Stress Management for Caregivers</i> Guest Speaker: Vanessa Dunham, MSSW, LCSW

Register for FREE today at

[texasoncologyfoundation.org/programs/support-groups](https://texasoncologyfoundation.org/programs/support-groups)