

CAREGIVER CONNECTIONS

Our Caregiver Connections virtual group provides people caregiving for a loved one with cancer a safe space to connect with others. This group is led by masters level social workers who provide emotional and practical support.

THURSDAY, DECEMBER 16, 2021 • 10:00-11:30am (CST)
MINDFULNESS & STRESS MANAGEMENT FOR CAREGIVERS



Vanessa Dunham, MSSW, LCSW, OSW-C
Mental Health Therapist

Vanessa Dunham is a two-time cancer survivor and a mental health therapist. Vanessa has over 13 years of social work experience in settings such as oncology clinics, an oncology not-for-profit agency, a primary care clinic and a mental health counseling center.

SESSION TAKE AWAYS

- Understand mindfulness meditation and its benefits
- Explore specific mindfulness meditation exercises and resources
- Learn strategies for coping with stress

Register for FREE today at
**[texasoncologyfoundation.org/programs/
support-groups](https://texasoncologyfoundation.org/programs/support-groups)**