

# 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

Dates	Session Details
July 7, 2022	1 <sup>st</sup> Thursday Full Hour Support Group Meeting
July 21, 2022	Topic: <i>The Effects of Cancer on Family Life</i> Guest Speaker: Penny DeCou, LCSW, OSW-C
August 4, 2022	1 <sup>st</sup> Thursday Full Hour Support Group Meeting
August 18, 2022	Topic: <i>Put Me in Coach: Re-Engaging as a Member of Your Loved One's Care Team</i> Guest Speaker: Stephanie B. Broussard, MSSW, LCSW-S, APHSW-C
September 1, 2022	1 <sup>st</sup> Thursday Full Hour Support Group Meeting
September 15, 2022	Topic: <i>How to Set Healthy Boundaries to Improve Your Health</i> Guest Speaker: Katie Ozuna, LMSW, OSW-C, OPN-CG
October 6, 2022	1 <sup>st</sup> Thursday Full Hour Support Group Meeting
October 20, 2022	Topic: <i>Self Care: Secondary Traumatic Stress</i> Guest Speaker: Debbi Newton, LCSW, OSW-C, CGCS, CCTP
November 3, 2022	1 <sup>st</sup> Thursday Full Hour Support Group Meeting
November 17, 2022	Topic: <i>Calming Overwhelming Emotions</i> Guest Speaker: Debbi Newton, LCSW, OSW-C, CGCS, CCTP
December 1, 2022	1 <sup>st</sup> Thursday Full Hour Support Group Meeting
December 15, 2022	Topic: <i>Sound Bath for Healing</i> Guest Speaker: Eden Carter, Health & Wellness Companion, Meditation Guide, Sound Healer

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