

# CAREGIVER SURVIVAL

## 6 Weeks | Curriculum-Based Support Group

Join our free virtual support group providing psychoeducation and supportive information for the challenges cancer caregivers face. This is a closed group and will be accepting 20 participants per 6 week session.

Friday Meetings via Zoom  
10:00-11:00am (CST)  
March 31 - May 5

### Curriculum Topics:

- *"Great Expectations" of Caregivers*
- *Emotional Regulation Through Stressful Times to Prevent Burnout*
- *Communication*
- *Life Satisfaction: Understanding the Importance of Self-Care*
- *Finding the Joy in Caregiving*

### SIGN UP TODAY!

Accepting the first 20 registrants



Visit <https://bit.ly/4291k7Z> for more information.

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## For Additional Information

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