

Caring for the Caregiver

An educational and supportive program for caregivers

1 to 2 p.m.

UPMC Hillman Cancer Center
Gumberg Family Resource Center
5115 Centre Ave., Ground Floor
Pittsburgh, PA 15232



2024 Schedule

2 nd Tuesday	January 9	July 9	4 th Wednesday	January 24	July 24
	February 13	August 13		February 28	August 28
	March 12	September 10		March 27	September 25
	April 9	October 8		April 24	October 23
	May 14	November 12		May 22	November 27 - session canceled
	June 11	December 10		June 26	December 25 - session canceled

Topics include:

- Strategies for self-care
- Mindfulness and relaxation
- Stress, worry, anxiety, and compassion fatigue management
- Keeping active

Light refreshments will be provided. Occasional guest speakers will participate, including dietitians, social workers, and others who focus on self-care and wellness.

Registration is not required. Please email Melissa Potter at pottermc@upmc.edu, or call **412-864-6659** for more information.