

Caring for the Caregiver

An educational and supportive program for caregivers

Virtual and In-Person | 1 to 2 p.m.

UPMC Hillman Cancer Center

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

2026 Schedule

Second Tuesday	January 13	July 14	Fourth Wednesday	January 28	July 22
	February 10	August 11		February 25	August 26
	March 10	September 8		March 25	September 23
	April 7	October 13		April 22	October 28
	May 12	November 10		May 27	November 25 Session canceled
	June 9	December 8		June 24	December 23 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.

For additional information and to attend virtually and receive the Microsoft Teams link, please contact Katie Harrison at harrisonka2@upmc.edu or 412-623-2937.

In-person attendance does not require a registration.

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