

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

2023 Schedule

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

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 Christie Santure at santurec@upmc.edu, or call **412-692-4724** for more information.