

HATS OFF TO YOU



Caregivers Support Group

Who is invited:

ALL Cancer Caregivers

When:

The **3rd** Wednesday of each month from **6:30 – 7:30 PM**.
First meeting is November 16, 2016.

Where:

Johns Hopkins Health Care
and Surgery Center
6420 Rockledge Drive
Suite 1200 (1st Floor)
Bethesda, MD 20817

Registration:

Attendance is free, but
registration is required.

Moderators:

Barbara A. Doherty, MS, RN
Oncology Nurse Clinician/
Nurse Navigator
Bdohert4@jhmi.edu

Penny Gladhill, Director
Volunteer Helping Hands,
Hospice Caring
pennyg@hospicecaring.org

Suburban Hospital and Volunteer Helping Hands of Hospice Caring, Inc.

are offering caregivers a venue to share information, experiences, support, encouragement, and most importantly – **HOPE!** The meetings are an opportunity for caregivers to learn from others who face the same challenges and concerns of caring for someone with cancer.

The goal of the meetings is to offer caregivers insight into new approaches, including ones that worked for others in a similar situation. Participants will gain new perspectives on handling difficult and emotional situations as well as caregiver stress management tools that come from hearing others talk about their experiences.

Each week, an expert speaker will give a 25 minute presentation on relevant topics of interest, such as dealing with insurance companies or employers, diet, exercise, and respite for the caregiver, estate planning and financial matters, stress management, and intimacy during cancer treatment.



**To register, please call Barbara Doherty at 301-896-6782
or Penny Gladhill at 301-990-0852.
Light Refreshments are provided.**



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