

SUPPORT

Virtual Caregiving Support Group

Carrying the weight of caregiving? Let US support YOU!

Group is held on the third (3rd) Thursday of every month: 11:30 a.m. — 1 p.m.

Facilitator: Lisa Mayes, LCSW
Northside Hospital Cancer Institute Psych-Oncology Program



Topics Include:

- Grief and loss
- Quality of life as a caregiver
- Coping strategies for stress management during the pandemic
- Making difficult decisions
- Communicating effectively in challenging situations
- Preventing caregiver burnout
- A day in the life of a caregiver

RSVP*

Call **404.236.8462**

RSVP 3 days prior to each scheduled group date.

Note: All groups are facilitated via a telehealth video platform. Once we register you to participate in the group, we will send you an email with the link to access the group. You will need to provide your email during your registration process. You will not need to download an app to join group.



Scan the QR code for more information about all of our Psycho-Oncology Programs support groups, and for our up-to-date group dates and times or visit northside.com/cancer-support-groups


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