

Caregivers... Feeling emotionally depleted? We are here to help!



■ Wondering how to care for a loved one on the cancer journey? As a caregiver you are invited to join us to learn ways to manage the practical aspects of caring for a person with a serious illness. Listen, learn and share experiences in a comfortable, caring and safe environment. Our support group is a safe place where you can:

- Learn techniques to cope with the changes cancer brings and reduce stress
- Speak honestly about the challenges you face with people who understand
- Discover from others how to take care of yourself so you can continue to care for your loved one

The Hearst Cancer Resource Center invites you to attend our

Caregiver Support Group

1st & 3rd Thursdays of each month

5:30-7:00 p.m. - via Zoom

Let us support you while you are providing care for the ones you love.

Hearst Cancer Resource Center

1941 Johnson Avenue, Suite 201, San Luis Obispo

Questions? Please call

805.542.6234

To RSVP call 805.542.6234 or email: hcrc@dignityhealth.org



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**Hearst Cancer Resource Center
San Luis Obispo**



Dignity Health™

French Hospital Medical Center

Hearst Cancer Resource Center

Keep up with all our classes and programs at our website:

[Dignityhealth.org/HCRC](https://dignityhealth.org/HCRC)

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