

## Caring for Those Who Care for Others

Caregivers play an important role in supporting their loved one throughout their cancer journey. They provide a wide range of care including nursing services, housekeeping, cooking meals, gardening/lawn maintenance, running errands, etc. It certainly isn't an easy job and can be exhausting.

If you are a caregiver who can relate to this, please join us in a safe, non-judgmental, virtual environment where you can find encouragement, support, and interact with other caregivers who are likely going through similar emotions/feelings.

Third Tuesday of every month 3:30 - 4:30pm June 15<sup>th</sup>, July 20<sup>th</sup>, August 17<sup>th</sup>, September 21<sup>st</sup>

To register, please contact Ami Gorsky, LCSW at (719) 296-6037.



All groups are offered virtually through zoom. Visit our website for a full listing.



