

# Caregivers Workshop

## Cancer Supportive Care Program

Helping a loved one through cancer treatment can be stressful. The Caregiver Workshop gives caregivers and family members skills and resources to help:

- Understand cancer and its treatment
- Cope with stress
- Deal with changing family roles
- Meet the physical and emotional needs of the patient
- Improve their own mental and physical health
- Seek and take advantage of community resources

### Registration required.

**Dates:** July 11 and November 7, 2019

**Time:** 5:00pm–7:00pm

**Location:** Stanford Cancer Center  
875 Blake Wilbur Drive, 2<sup>nd</sup> Floor, CC2105  
Palo Alto, CA 94305

**Call to register:** 650-725-9456

**Website:** [www.stanfordhealthcare.org/cancersupportivecare](http://www.stanfordhealthcare.org/cancersupportivecare)

*The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all cancer patients regardless of where they receive their care.*



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