

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:	September 4, December 5, 2019
Time:	5:00pm–7:00pm
Location:	Stanford Cancer Center South Bay 2589 Samaritan Dr, 3 rd Floor, Conference Room 3300A San Jose, CA 95124
Call to register:	669-233-2807
Website:	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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