

Are you caring for someone with cancer?



Hybrid meeting: in person or Zoom available

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

Care-partner Support and Discussion Group

Third Thursdays of the month
1:00 to 2:00 p.m.

Group facilitator: Ashley Hahn, LCSW

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

Hearst Cancer Resource Center

1941 Johnson Avenue, Suite 201, San Luis Obispo
Reservations required. For more information or to attend a meeting, please call Hearst Cancer Resource Center at 805.542.6234 or email us at HCRC@dignityhealth.org

Questions? Please call
805.542.6234

