

# Caregiver Support Group

**Join our oncology social workers for a supportive and informational meeting.**

When a loved one is living with cancer, the role of a caregiver can be both challenging and rewarding. This group will offer a safe space for caregivers to share their experiences, learn coping strategies, and connect with others facing the challenges of caring for a loved one. We will provide practical information on ways to support loved ones while practicing self-care. Participants will be encouraged to share their experiences with one another to gain insight and support in their role of caregiver.

## **Where:**

Virtual Zoom Meeting  
Zoom invitation will be sent via email

## **When:**

Second Wednesday of each month  
from 12pm-1pm

## **RSVP:**

RSVP by the Monday prior to the session to:  
[VCSSocialWork@USOncology.com](mailto:VCSSocialWork@USOncology.com)



Virginia Cancer  
Specialists

[VirginiaCancerSpecialists.com](http://VirginiaCancerSpecialists.com)