



# WHO CARES FOR THE CAREGIVER?

## A MONTHLY SUPPORT GROUP FOR CAREGIVERS

One person's illness affects the entire family. However, the diagnosis of cancer impacts the family and caregivers more than any other disease. Cancer can be curable, but unfortunately, as a result of the media, cancer connotes fear and a sense of dread. The individual who is given the diagnosis of cancer is too often thrown into a hopeless paralyzing state. As a result, the primary caretaker offers an invaluable service by assisting the patient through the maze of laboratory tests, X-rays, Cat Scans, MRI's, Pet Scans, doctor visits, medications, etc. Through all this, who cares for the caretaker?

San Diego Cancer Center is aware of the profound service that caregivers provide to the patients and the medical staff. To honor and assist these dedicated individuals, we at the Center, are beginning a monthly support group. These sessions will help caregivers not only navigate through the daily chores that they offer their loved ones but hopefully provide caregivers with skills to care for themselves, talk freely about their concerns, grief counseling, cancer updates and perhaps most importantly, the wisdom gained by the other caregivers who attend the group.

**Facilitator:** Maura McBratney

**Place:** San Diego Cancer Research Institute  
1200 Garden View Rd., Suite 103, Encinitas, CA

**Time:** The 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of every month from 5:00pm to 6:00pm

All caregivers are welcome. No need to RSVP.  
Mandatory Orientation class is required for all new SDCRI clients, including caregivers.  
Please call 760-536-7679 to sign up!

For more information, please visit our web site:

[www.sdcricri.org](http://www.sdcricri.org)