

“Wellness Beyond the Diagnosis”

Cancer Caregivers’ Support Group



YOU ARE NOT ALONE

1st & 3rd Wednesday nights

7:00—8:30 PM

beginning March 4

Open enrollment

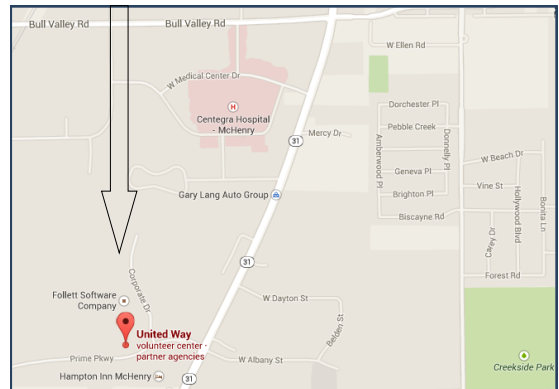
FREE: Registration required

847-382-HOPE ext. 328

Being diagnosed with cancer has a profound impact on an individual as well as those family and friends who provide care during and after treatment. This open enrollment group is for caregivers for someone with cancer. Come as often as you can for information, support, help and hope. We meet in the conference room at the United Way of Greater McHenry County, 4508 Prime Parkway, McHenry.

WHAT YOU’LL RECEIVE:

- ◆ Encouragement and Hope
- ◆ Support and resources for caregivers
- ◆ Learning from others in similar situations
- ◆ Opportunity to share your experience
- ◆ Effective advocacy skills
- ◆ Strategies for coping and self-care
- ◆ Insights about “compassion fatigue”
- ◆ Confidential & emotionally safe space



FACILITATOR: David Efken, LPC

David Efken is a Licensed Professional Counselor with years of experience leading cancer support groups, men’s groups, providing grief counseling and caregiver support. David uses a holistic approach in addressing the impact of facing acute or chronic illness and the depression, grief, anger and spiritual crisis that can result. David counsels people in finding hope, help and healing. **Call David at 847-382-HOPE (4673) ext. 328 to register.**

REGISTER BY CALLING
847-382-HOPE (4673) ext. 328
On-going, open enrollment.
1st & 3rd Wednesday
beginning March 4.

“Wellness Beyond the Diagnosis”
is a program of the



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847-382-HOPE (4763)