

# Caregiver Workshops

for family caregivers of cancer patients



## UNDERSTANDING THE IMPACT OF CANCER

**Date/Time:** 23 Jan 2019 (Wednesday), 10am – 1pm

**Venue:** Health Resource Centre, Jojoba Room\*

**Instructor:** Dr Joan Khng, Senior Social Worker, Singapore Cancer Society

When cancer hits your family, as a caregiver, you may be at a loss, especially when you are not prepared for this caregiving role. You may struggle to understand your loved one with cancer, as having cancer may present various changes to your loved one and family life. In this interactive workshop, you will learn more about The impact of cancer, and find yourself learning to cope better and becoming a more effective and resilient caregiver.

- Understand the various impacts of cancer
- Understand what empathy is about
- Learn how to cope more effectively with caregiving tasks

*\*Venue located at NUH Medical Centre, Level 10, Corridor G*

**Register Now!**

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