

# Caregiver Workshops

for family caregivers of cancer patients



 National University  
Cancer Institute, Singapore  
A member of the NUHS

## CARING FOR THE CANCER CAREGIVER: SELF-CARE

**Date/Time:** 25 Jan 2019 (Friday), 2.30pm – 5.30pm

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

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

Being a caregiver to your loved ones with cancer can be a fulfilling but physically and emotionally draining journey. Consequently, stress may take a toll on your personal wellbeing and affect your health. If it is not kept in check, it may even lead to burnout. It is thus important for caregivers to take better care of yourselves. In this interactive workshop, you will take part in interactive activities, experiential exercises and discussions, and learn self-care tips that help you to be a more effective caregiver.

- Understand what self-care means
- Understand the importance of self-care
- Understand possible signs of burn-out
- Learning self-care tips and techniques

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

## Register Now!

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