



Care 2 B Well

University of Colorado Cancer Center

Caregivers Support Group

This support group is for caregivers of patients with cancer. It is designed to enhance the well-being of cancer caregivers.

The Caregiver Experience

While caregiving can be rewarding and fulfilling, it can also be stressful. Caregiving can have an adverse effect on emotional, social, financial, physical and spiritual functioning. In fact, caregivers often report as much – and sometimes more - distress as the patients for whom they care.

Connecting with Others

Sharing your experience in a group setting may be beneficial. This flexible group is designed to meet the needs of our caregivers. We encourage our caregivers to share their stories and offer advice to their peers. Through this unique relationship we hope to better support cancer caregivers.

Monthly

Second and Fourth Thursday

4:00 PM to 5:00 PM

University of Colorado Hospital

Anschutz Outpatient Pavilion, Room 1603

Facilitated by:

Elissa Kolva, PhD

Tim Sannes, PhD