

# I Can Cope<sup>®</sup> caregivers

*From the convenience of your own telephone, connect with other caregivers to explore ways to take care of yourself and how to support a person with cancer.*

## **Supporting Your Loved One and Yourself through the Cancer Experience [FOR CAREGIVERS ONLY]**

Wednesday, January 18, 2012 10:00 a.m. – Noon

Wednesday, April 18, 2012 10:00 a.m. – Noon

Wednesday, July 18, 2012 10:00 a.m. – Noon

*Additional topics available monthly for caregivers and patients including pain, fatigue, side effects, nutrition, communication, money matters, self-esteem and intimacy.*

### **PRE-REGISTRATION IS REQUIRED.**

*Please pre-register at least 5 business days prior to the class.*

*For more information or to register, call:*

**1-800-227-2345.**

The American Cancer Society is saving lives and creating more birthdays by helping people stay well and get well, by finding cures, and by fighting back against cancer.

**These I Can Cope classes are for caregivers only.**



Free telephone classes allow you to:

- Talk with other cancer patients & caregivers
- Get answers to your questions
- Get cancer information
- Learn skills to manage your cancer experience
- Participate over the phone from the comfort of your home or office

Self-guided classes also available online at [cancer.org/onlineclasses](http://cancer.org/onlineclasses).