

# Caring for the Caregiver

An educational and supportive program for caregivers

Virtual and In-Person | 1 to 2 p.m.

**UPMC Hillman Cancer Center**  
Gumberg Family Resource Center  
5115 Centre Ave., Ground Floor  
Pittsburgh, PA 15232



## 2025 Schedule

Second Tuesday	January 14	July 8	Fourth Wednesday	January 22	July 23
	February 11	August 12		February 26	August 27
	March 11	September 9		March 26	September 24
	April 8	October 14		April 23	October 22
	May 13	November 11		May 28	November 26 Session canceled
	June 10	December 9		June 25	December 24 Session canceled

### Topics include:

- Strategies for self-care
- Mindfulness and relaxation
- Stress, worry, anxiety, and compassion fatigue management
- Keeping active

Light refreshments will be provided. Occasional guest speakers will participate, including dietitians, social workers, and others who focus on self-care and wellness.

For additional information and to attend virtually and receive the Microsoft Teams link, please contact **Melissa Potter** at [pottermc@upmc.edu](mailto:pottermc@upmc.edu) or **412-738-7833**.

In-person attendance does not require a registration.

**UPMC** | **HILLMAN  
CANCER CENTER**