CAREGIVERS’ SUPPORT GROUP

Where: Sarah Cannon Cancer Institute at Johnston-Willis Hospital
Hawthorne Cancer Resource Center

When: Every Thursday
11:30am-12:30pm

Cost: Free

Please join us for our weekly Caregivers’ support group.

The group’s main goal is to provide a safe, supportive environment in which caregivers can explore how to balance caring for others and taking care of themselves. During this group, you will also learn coping tools to address challenging situations.

This group allows opportunities to meet others who may be dealing with similar obstacles to those you are facing.

For more information, contact Sandra Tan at 804-483-5078, or email sandra.tan@hcahealthcare.com.

Sandra Tan is a licensed clinical social worker (LCSW) who provides supportive counseling sessions to patients and their loved ones whose lives have been affected by cancer. Her office is easily accessible and conveniently located in the Sarah Cannon Cancer Institute at Johnston-Willis Hospital. Sandra offers a wide variety of psychosocial oncology approaches that she adapts to the individual’s needs. These interventions are frequently combined with complementary therapies such as mindfulness, guided imagery, expressive arts and relaxation techniques. Sandra also assists patients and their loved ones with education around stress management, body image changes, advance care planning, and self-care amidst hectic times.
SUPPORTIVE COUNSELING

After receiving a cancer diagnosis, life can feel overwhelming and confusing. Trying to deal with medical decisions, treatments and adjusting to living with cancer can be extremely challenging and stressful. Even after the treatments are finished, one is often left with a multitude of emotions, including concerns about the disease recurring.

Although it is normal to experience a heightened level of distress while dealing with cancer, it is important to seek help when your feelings affect your ability to cope with your daily life, especially if the distress is long lasting. Even when things feel manageable, often one or two counseling sessions can provide the extra support needed to adjust to the current set of circumstances and reclaim one’s life with less effort.

The Sarah Cannon Cancer Institute at Johnston-Willis Hospital offers short-term supportive counseling sessions as part of its overall holistic cancer care. This person- and family-centered counseling service is available for individuals and families whose lives have been touched by cancer at ANY stage of the illness (diagnosis, treatment, survivorship or end of life).

Short-term supportive counseling offers an extra layer of compassionate, supportive care to address the individual’s psychosocial challenges and concerns. Counseling can reduce the emotional distress associated with living with cancer and thereby optimizing quality of life. It can also help you explore new ways to cope and communicate, assist with problem solving and provide a safe and caring environment to talk about one’s fears, hopes and challenges. Because counselors are separate from a person’s life, they often are able to share a helpful, objective perspective.

Counseling May Be Beneficial For Patients:

• When you feel overwhelmed trying to cope after a cancer diagnosis.
• When you isolate yourself as you find it hard to talk to others about your worries.
• When you feel your relationship with others is changing and causing distress.
• When you are fatigued but find it hard to ask for assistance with things that you used to do yourself.
• When you feel anxious about what comes next after finishing treatment.
• When it is hard to make your family understand and adjust to changes in routine as a result of your cancer diagnosis.
• When your distress is preventing you from participating in activities in daily life.

Counseling May Be Beneficial for Caregivers:

• When you feel you are exhausted and don’t know how to find time to take care of yourself.
• When you feel anxious and helpless watching your loved one struggling.
• When your grief feels overwhelming.