

Care for Caregivers Support Group

What are we?

A weekly support group for caregivers designed to teach skills and practices helpful in building and broadening the emotional capacity to deal with ongoing stress. Support group topics will include: self-care for caregivers, advocacy for the care-receiver, maintaining and enhancing relationships, and meaning-making in caregiving.

Who can attend?

Any adult caregiver of a Simmons Comprehensive Cancer Center patient.

When does the group meet?

Every Monday morning from 10 to 11 a.m. Each week is devoted to covering different aspects of a topic highlighted that month. Meetings take place every week, unless otherwise noted.

Where does the group meet?

The Care for Caregivers Support Group is held via a virtual platform. You must RSVP for access.

How much does it cost?

The support group is completely FREE!

How do I attend group meetings?

To participate, RSVP no later than the Friday prior to each meeting at caregiversupport@utsouthwestern.edu, or call the HOPE line at 214-645-HOPE (4673) or 866-460-HOPE (4673). Feel free to email or call for additional information.

Visit utswmed.org/cancer/support-services for discussion topics and details.



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