

A Group for Caregivers who have Loved Ones with Cancer

Being the caregiver of a loved one fighting cancer can often lead to feeling alone, being overwhelmed, and feeling exhausted. Julie Smith LMFT-A of Austin Family Counseling is offering a group to create a space where caregivers have time to take care of themselves, share their experience with others, learn coping skills, and have a supportive group around them. The group will focus on the group's hopes and fears, the impact of cancer on relationships, and exploring what self-care looks like.

Format of the Group:

The group will meet for 8 weeks on Tuesday's from 6:30-8:00 PM. The group size will vary between 5-10 group members depending on available spots. During the group, each member will have the opportunity to share their experience and seek help for any areas of struggle. Julie will guide the group and offer coping skills and mindfulness techniques to promote self-care for the caregivers. Overall the hope of this group is to be an experience that provides a safe space to help caregivers through this tough time.

Contact Information:



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(Supervised by David Braham LMFT-S)
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Dates and Fees:

Tuesday's 6:30-8:00 PM
Sept. 5 - Oct. 31, 2017
\$55 per member, per week

Location:

Austin Family Counseling
5000 Bee Cave Road, Ste. 100
Austin, Texas 78746