

# TRANSPLANT CAREGIVERS FORUM

An opportunity to interact with other caregivers and support one another.  
Relevant information to help in coping with the caregiving experience.

*Topic-based discussions are repeated four times a year.*

Thursday October 25th	Session 1: Introduction To Caregiving
Thursday November 8th	Session 2: Balancing Demands and Resources

\*\*\*\*NO MEETING THURSDAY NOVEMBER 22<sup>ND</sup> DUE TO THANKSGIVING HOLIDAY\*\*\*\*

Thursday December 13 <sup>th</sup>	Special Session: Caregiving and the Holidays
Thursday December 27 <sup>th</sup>	Session 3: Shifting Family Roles and Responsibilities During the Transplant
Thursday January 10th	Session 4: Determining the Effects of Illness On Family Communication
Thursday January 24th	Session 5: Recognizing the Signs and Symptoms of Stress
Thursday February 14th	Session 6: Managing Stress Differently, Drawing Together the Group Experience

Second and Fourth Thursday of every month 4:00-5:30pm  
New York Presbyterian Hospital-Columbia  
Milstein Hospital Bldg. 177 Fort Washington Ave.  
7HS Reemtsma Conference Room

For more information, please contact Kimberly Morse, LMSW (212) 305-3081