



PATIENT & CAREGIVER EDUCATION

Caregiver Group: The Three R's of Self-Care: Rest, Relaxation, Rejuvenation

This is a live, online group for caregivers of people undergoing treatment at MSK. It offers caregivers a brief introduction in mindfulness meditation. They will learn how to take time to rest the mind, relax the body, and feel ready to resume caregiving responsibilities with more clarity and energy.

Sessions are led by a social worker.

The group meets the first Tuesday of each month from 2:00 to 2:30 PM and the third Thursday of each month from 11:00 to 11:30 AM.

Audience

This group is for caregivers (friends, family, and spouses) of people undergoing treatment at Memorial Sloan Kettering.

Contact

Registration for this event is required. To register or learn more, please contact virtualprograms@mskcc.org.