



Your medical team invites you to

COUPLES: ESSENTIAL SKILLS FOR OVERCOMING THE CHALLENGES OF CANCER TOGETHER

The group meets every third Tuesday of the month

12 to 1:30 p.m.

This event is currently being held online and will require video capabilities

This patient and partner group is interactive

For more information and to register, please contact

Lynne Thomas @ lythomas@coh.org or (626) 218-8406.

"At City of Hope you and your family are part of the medical team. Learning how to solve problems and communicate together will ensure that you get the maximum benefit from your medical care."

— Joanne Mortimer, M.D.

Benefit from the wisdom of past patients, caregivers, research and our clinical experience:

- Gain knowledge about specific techniques to enhance open and honest communication.
- Learn practical behaviors that will strengthen your relationship.
- Practice effective problem-solving skills together.

Patient and Partner Testimonials

"I really liked the informal format. It is enlightening to listen to other people's experiences, share ideas and receive feedback from the facilitators."

"At first I was uncomfortable with the idea of going to the couples group. However, the group helped my wife and I talk about new topics which brought us closer. Hearing that other men experienced similar problems made our struggles feel more normal."

