

Couples Coping With Cancer Together Program

Cancer can affect the whole family, and couples are often deeply concerned about how they can best support one another when coping with a serious illness. At City of Hope, we are ready to work as a team with you and your partner to help manage the challenges and stressors that come with diagnosis and treatment. There are three ways this program can help.

PSYCHO-EDUCATION

During a 30-minute session, a couples clinician will share with you and your partner, the wisdom of what other patients, partners, research, and their own clinical experience and training has taught them to be helpful in how patients and partners can best support one another through good communication and problem-solving.

SHORT-TERM COUPLES COUNSELING

Sometimes couples find they need more focused time to identify their relationship strengths, values, and what matters most to them as a couple. This counseling provides:

- Specific ways to enhance open and honest communication
- Practical behaviors to strengthen your relationship
- Effective problem solving skills

COUPLES SUPPORT GROUP

A virtual group meets monthly and is facilitated by professionals. This patient and partner group is interactive and focuses on:

- How the cancer is impacting the relationship and how you as a couple can work together as a team to get the most out of your medical care.
- Making positive changes so you can start living the relationship you have always wanted

COUPLES COPING WITH CANCER TOGETHER PROGRAM



Left to right: Claudia Cuevas, Kim Romig, Lynne Thomas, Nicole Peeke

CityofHope.org

Patient, Family and Community Education | Department of Supportive Care Medicine

To learn more, please call Kim Romig at 626-218-4550, email CouplesProgram@coh.org, visit cityofhope.org/couplesprogram, or scan the QR code below.

