

# Coping with Cancer During the Holidays

While the holidays are looked at as a time to celebrate, if you are dealing with cancer treatment or caring for someone with cancer it can be a stressful time.

Spend an hour with Melissa Seres, LCSW, OSW-C and Diane Lafferty, LCSW, OSW-C as we offer some coping tools and tips to help enjoy the holiday season.

## November 14 3:30 pm – 4:30 pm

Free self-care gift for each participant.

RSVP by November 9. 203-575-5544

Part of the “Build Your Self Care Toolbox” Series

**HL** THE HAROLD LEEVER  
REGIONAL CANCER CENTER

*The Right Team. Right Here.*

 Saint Mary's  
HEALTH SYSTEM

 WATERBURY  
HOSPITAL



The Harold Leever Regional Cancer Center is conveniently located off Exit 17.

1075 Chase Parkway, Waterbury, CT 06708  
203-575-5555 [www.leevercancercenter.org](http://www.leevercancercenter.org)

