



# A FREE Telephone Support Program for Patients and Their Families/Caregivers/Loved Ones

Presented by

***nbmt*LINK**

National Bone Marrow Transplant Link

[www.nbmtlink.org](http://www.nbmtlink.org)

Surviving a cancer diagnosis and treatment can be traumatic. This month's telephone education and support session will feature Donna Posluszny, PhD, ABPP, Asst. Professor of Medicine at the UPMC Hillman Cancer Center and thriving survivor Tracy Jolly. They will share their tips on how to cope with the stress, challenges and fears of this journey as well as cover the benefits of mindfulness when navigating emotional turbulence. This call will be facilitated by the nbmtLINK's licensed Social Worker, Jennifer Gillette.

Cost is free, but registration is mandatory for each session. Please call **248-358-1886** or email **[peggyburkhard@nbmtlink.org](mailto:peggyburkhard@nbmtlink.org)**

Join us on  
**WEDNESDAY,  
MARCH 21, 2018**  
from  
**12:00 NOON - 1:00 PM  
EASTERN STANDARD TIME**

This series, scheduled for the THIRD WEDNESDAY OF SELECT MONTHS, will be facilitated by our staff Social Worker, Jennifer Gillette, MSW. This program is intended to provide much needed psychosocial and emotional support along with health information from national experts regarding critical topics surrounding cancer diagnosis and treatments. Lunch and Learn programs are open to all patients, their caregivers and loved ones. Each call will include a speaker presentation followed by adequate time for callers to speak, ask questions and hear from other participants.