

Support for Caregivers in California

Triage Cancer is offering a program on behalf of the California Dialogue on Cancer to support the wellness of those caring for individuals diagnosed with cancer in California.

This program includes:

- A 5-part educational webinar series
- Educational materials and resources
- Legal & Financial Navigation Program

TRIAGE
CANCER[®]

CDCC
California Dialogue on Cancer
California's Coalition to Prevent Cancer and Save Lives

TriageCancer.org/CaliforniaCaregivers

April
2
12pm PT

Coping Skills & Strategies for Caregiver Self-Care

The mental and emotional impact of a cancer diagnosis can be one of the most challenging realities of cancer. While survivors are often the focus of care and concern, caregivers carry a tremendous burden as well. Managing heavy emotions, understanding boundaries, and juggling competing responsibilities are just a few of the complexities many caregivers face. This session will provide practical strategies to help caregivers manage stress, communicate their needs, and build sustainable practices to stay grounded and find moments of calm while supporting someone they love through cancer.

April
15
12pm PT

Nutrition & Exercise to Support Caregiver Physical and Mental Health

Everyone has an opinion about food, and nutrition headlines can feel overwhelming and conflicting. Join us for this session with an oncology nutrition expert, who will share what you really need to know, along with practical tips for making every day eating choices feel manageable and supportive. We will also take the overwhelm out of exercise by offering realistic, caregiver-friendly ideas for adding gentle movement into daily life in ways that support your health and energy.

April
29
12pm PT

Caregiving While Parenting Young Children

Caregiving for a partner with cancer can feel overwhelming; parenting young children can feel exhausting. Doing both at the same time is an experience very few people can understand. This presentation will provide realistic and accessible ideas for how to care for yourself while also supporting your partner and children through cancer.

May
19
12pm PT

Practical Tools for Getting Organized & Planning Ahead for Caregivers

For caregivers, the to-do list can feel never-ending, and some of the most important items, like completing estate planning and medical decision-making documents, can be the easiest to put off. This webinar walks participants through the key documents every caregiver should understand, practical strategies for getting organized and asking for help, and steps to take now to feel more prepared and supported.

May
28
11am PT

Navigating Insurance & Medical Bills

Navigating the decisions and paperwork related to health care often becomes the responsibility of caregivers supporting someone with cancer. This webinar will share practical tips for navigating health insurance, understanding plan considerations, and managing out-of-pocket costs, as well as practical steps to manage with medical bills.

Other Resources For Caregivers



Practical Guides

Triage Cancer's Practical Guides are designed to help individuals and families navigate the real-world legal and financial topics that often arise after a cancer diagnosis. Each guide breaks down complex topics into clear, actionable information so you can understand your rights and make informed decisions.

Practical Guide to Cancer Rights for Caregivers

Focuses on the unique challenges caregivers face, including taking time off work, job protections, and understanding paid and unpaid leave options.

Practical Guide to Parenting with Cancer

Provides practical guidance on health insurance, employment rights, disability insurance, financial planning, and estate planning, talking with children about cancer, and planning for the future.

Learn more: [TriageCancer.org/Cancer-Rights-Guides](https://www.TriageCancer.org/Cancer-Rights-Guides)

Bright Box and Bright Reads

When you're caring for a loved one with cancer, you may wish you had the time, and especially the energy, to help your kids learn, have fun, and connect. Sign up to receive two free books, *The Invisible String* and *Tiny Boat at Sea*, and three free art projects from Bright Spot Network, designed especially for the children of parents with cancer. Note: these art projects are best for kids 2-5 years old. Each family will also get a copy of Bright Spot Network's Guide: Talking to Kids About Cancer



Legal & Financial Navigation and Financial Planner Services

Triage Cancer's Legal & Financial Navigation program provides free, one-on-one guidance to help caregivers understand and manage the legal and financial challenges that often arise during and after a cancer diagnosis. Caregivers can connect with Triage Cancer's experienced team of attorneys and a network of pro bono Certified Financial Planners®, to get clear, practical information about health insurance, employment and time off work, disability insurance, finances, and estate planning. Learn more and request help at [TriageCancer.org/GetHelp](https://www.TriageCancer.org/GetHelp).



To sign up to attend the webinars or receive these resources, visit:

[TriageCancer.org/CaliforniaCaregivers](https://www.TriageCancer.org/CaliforniaCaregivers)

For more information about the California Dialogue on Cancer:

