

# BEVERLY HILLS COURIER

The Newspaper of Record for the World of Beverly Hills

VOLUME: L NUMBER 12 \$135 PER YEAR - \$1.25 PER COPY • www.bhcourier.com SINCE 1965 March 20, 2015

## Tower Cancer Offers Free 'Heart To Heart' Class For Caregivers Coping With Cancer

Tower Cancer Research Foundation's (TCRF) "Heart to Heart" free six-week workshop "designed to help caregivers of cancer patients develop a toolkit for managing the exceptional challenges of being a caregiver," will begin Monday, March 30 and meet from 5-7 p.m. Mondays in Beverly Hills.

The course—designed for anyone caring for a loved one dealing with any form of cancer, regardless of stage—was developed and will be led by licensed clinical psychologist Dr. Jan Berlin, who was the primary caregiver for his cancer-stricken wife.

"The goal is to understand and cope with what it means to care for another: the fears and triumphs, the losses and

responsibilities, the opportunities and gifts as well as the journey toward a deep sense of purpose," says Berlin.

Built upon Dr. Victor Frankl's *Man's Search For Meaning*, the class integrates tools for coping with difficult times, inspirational music and videos, and accounts to bring alive the many options in caregiving for "attunement, connection, advocacy and appreciation."

Participants will learn a variety of skills, including strategies for freeing oneself from guilt and expectations, and self-care tools, which Berlin says are critically important to sustain one's energy as a caregiver and also to provide a positive caregiving environment for all con-

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### CAREGIVERS

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cerned."

For the workshop, caregiver is defined as an unpaid individual (spouse, partner, family member, friend, or neighbor) involved in assisting others with activities of daily living and/or medical tasks.

In a recent Pew Research survey, 36-percent of U.S. adults said they provided care to an adult relative or friend in the past year, up from 27-percent in 2010. A 2009 National Alliance for Caregiving study reports that more than 65 million people in the U.S. provide care for a chronically ill, disabled or aged family member or friend.

To register for the class, call Nicole at 424-230-7154, or email [nicole@towercancer.org](mailto:nicole@towercancer.org).