

# CAREGIVER CARE PROGRAM

## WHAT IS THE CAREGIVER CARE PROGRAM?

Caring for a child with cancer can be emotionally, mentally, and physically overwhelming. Often, parents put their own needs and well-being on hold as they assume the role of caregiver, focusing their energy towards their seriously ill child.

Research shows that if a caregiver has support and their well-being is taken care of, the patient's overall well-being is positively impacted. The Tom Coughlin Jay Fund's Caregiver Care program focuses directly on caregiver needs to help them be their best selves so that they can **BE THERE** for their child.



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## THE OBJECTIVE

Improve the overall well-being of caregivers by providing increased opportunities for fitness and physical health, by educating them on the importance of nutrition and self-care, and by nurturing peer, family, and spousal relationships.

**MEET** other caregivers who are also walking the pediatric cancer journey.

**DISCUSS** all the highs and lows that come with having a child with cancer.

**DISCOVER** how to improve your overall well-being as a caregiver.

**LEARN** about the importance of self-care, physical health, and peer support.

## READY TO GET STARTED?

For more information or to register for the Caregiver Care Program, email [support@tcjayfund.org](mailto:support@tcjayfund.org)

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