



PALLIATIVE CARE
SUPPORT GROUP
FOR PATIENTS WITH
CHRONIC ILLNESS
& their caregivers

Classes are held 12:00 p.m. to 1:15 p.m. at the McKay-Dee Hospital Education Center. Sessions last for 8 weeks, and you may start at any time during a session.

Learn more about:

- Dealing with emotions of grief and loss
- Practicing mindfulness
- Improving communication
- Coping and self-care
- Finding and utilizing community resources
- Offering support for caregivers and improve relationships
- Symptom management
- Treatment decisions and advanced directive planning
- Finding hope during chronic illness

Session 1

Jan. 11, 18, 25
Feb. 1, 8, 15, 22
March 1

Session 2

April 12, 19 26
May 3, 10, 17, 24,
31

Session 3

July 12, 19, 26
Aug. 2, 9, 16, 23,
30

Session 4

Sept. 27
Oct. 4, 11, 18, 25
Nov. 1, 8, 15



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McKay-Dee Palliative Care

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