

Managing your fear of cancer recurrence: A research study for Canadian family caregivers



Research conducted by Dr. Sophie Lebel & Dr. Rinat Nissim



Do you worry
about your
loved one's
cancer coming
back?

Do you worry
weeks before
your loved one's
follow-up
appointments?

Do your worries
about your loved
one's cancer
coming back cause
you distress or
affect your daily
life?

If so, a **brief online** group study is being offered to address these worries.

Who can participate?

Canadian women (18 years of age or older) who:

- provide **unpaid support** to an **adult loved one** (who has recently been diagnosed with cancer, has finished their treatment and has not experienced a cancer recurrence)
- **worry** that their loved one's cancer may come back
- are interested in **exploring their fear of cancer recurrence**
- are willing to participate in **seven** weekly **small online group meetings** with other women caregivers



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