



**Comfort  
Keepers®**

Elevating the  
Human Spirit™



A FREE LUNCHTIME WEBINAR FOR PROFESSIONALS AND FAMILIES

# Push the Pause Button: Supports for Caregivers

Wednesday, July 16, 2025 at 12pm CST

FEATURED SPEAKER:

**Megan Borowski, LCSW**

Adult Program Manager, Gilda's Club Chicago

Gilda's Club Chicago uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care. Their free programs, both in-person and virtual, are designed to complement medical care. Gilda's Club Chicago offers programming for all ages, gender identities, ethnicities, cancer types, and religious beliefs.



Through this one-hour Zoom presentation, participants will:

- Understand the top concerns of caregivers as related to cancer care
- Reflect on data from caregivers that identifies their roles and the benefits of caregiving
- Understand how caregiving can affect emotional wellbeing
- Develop a 4-step process for "pressing pause" to ensure self-compassion and care



**GILDA'S  
CLUB  
CHICAGO**

An Affiliate of the  
**CANCER SUPPORT COMMUNITY**



Register with the QR code or this link:  
<https://tinyurl.com/GildasCE2025>  
Admission is free and open to all.

**CEUs\* are available at no charge.**

\*Certified by the  
Association of Social Work Boards (ASWB) and the  
American Nurses Credentialing Center (ANCC)

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