



Westfield: (413) 562-0110
Springfield: (413) 782-5500

For Immediate Release

Free Workshop:

Caregivers Hiatus
Thursday, Sept. 22, 5 p.m.

Location: CHD Cancer House of Hope, 946 Plumtree Road, Springfield:

Caregivers Hiatus with Laurel Rancitelli - Thursday, September 22nd at 5:00 p.m.

Life Coach Laurel Rancitelli will lead caregivers through relaxation techniques and guided imagery. Afterward, participants may continue sharing their thoughts. The session concludes with a hand-picked quote for the participant to focus on and contemplate during the coming week. Participation is open to family members or friends of individuals who have received a cancer diagnosis.

To register, please call (413) 782-5500.

Cancer House of Hope's programs, workshops, classes and services include bereavement groups, yoga, reiki, counseling, wigs, mastectomy bras and a lending library. All programs and services are free-of-charge.

For more information about Cancer House of Hope's programs and services, please go to the program Web site at www.chd.org/cancerhouseofhope

About CHD: Founded in 1972, the nonprofit Center for Human Development (CHD) is a family of more than 40 programs that deliver a wide range of social services in communities throughout Western Massachusetts and northwestern Connecticut in areas such as mental health, youth mentoring, family stabilization, cancer support, foster care, early intervention, elder care, occupational therapy, intellectual and physical disabilities, homelessness prevention, substance abuse, and juvenile justice. Our main office is located at 332 Birnie Ave., Springfield, MA 01107 (413) 733-6624. For a complete list and description of programs and services, please go to our Web site at www.chd.org