

NCI-CONNECT

Comprehensive Oncology Network Evaluating Rare CNS Tumors

Health and wellness counselors teach you ways to improve your health and well-being.

Your participation in **NCI-CONNECT** will help us better understand adult rare brain and spine tumors. Our goal is to improve care for you and future patients.

Coping
Advocacy
Relationships
Education
Support

CARES group

You are not alone in your journey. CARES is here to help.

Coping with a rare brain or spine tumor may make you feel isolated and unsure of how to stay healthy. This can also affect your loved ones. Our CARES health and wellness counselor wants to share some positive coping strategies that may help you get through each day so you can continue to live fully.

During your NCI-CONNECT Clinic visit, you and your loved ones will have a CARES group meeting with a health and wellness expert. You will learn coping and wellness techniques and meet others with your same diagnosis.

During a CARES meeting, you will:

- > Learn techniques to improve your and your caregiver's quality of life.
- > Learn tips from others with your diagnosis.
- > Get educational resources.

Questions?

Contact us at
NCICONNECT@mail.nih.gov
or call **(240) 760-6530**

cancer.gov/nci-connect

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