

ABOUT NORMA LIVINGSTON OVARIAN CANCER FOUNDATION

The mission of the **Norma Livingston Ovarian Cancer Foundation** is to raise funds for ovarian cancer research and to increase awareness about the risks, symptoms, and treatments of this disease. Norma Livingston Ovarian Cancer Foundation also donates care packages to women undergoing chemotherapy and serves as an information service for individuals who are seeking information regarding ovarian cancer, its signs, and symptoms.

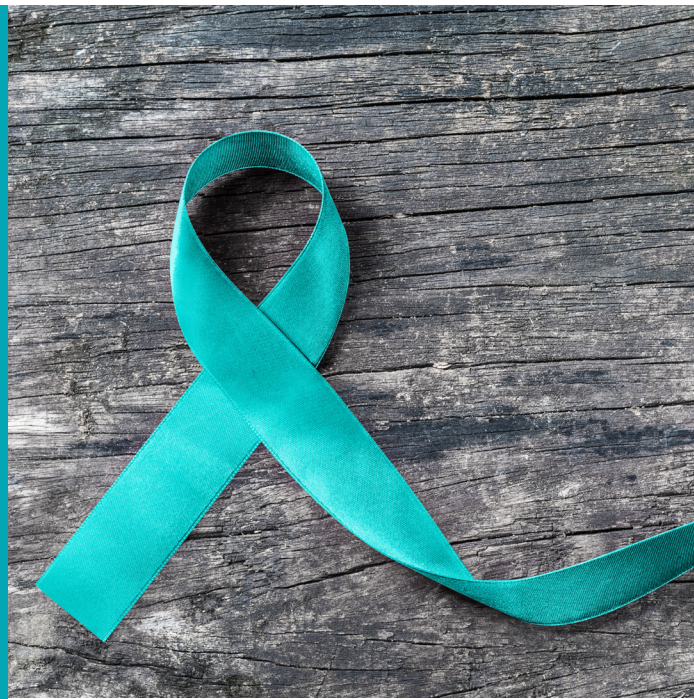
The Norma Livingston Ovarian Cancer Foundation is a 501-(C)(3) nonprofit organization started in January of 2004 by Lori Livingston who lost her mother, Norma Livingston to ovarian cancer. Since its founding in 2004, and through the sale of the Driving Out Ovarian Cancer car tag, NLOCF has donated over \$1.8 million to ovarian cancer research.

Our hope is that Norma Livingston's death will make a difference in other women's lives.

NLOCF relies heavily on private donation to achieve its mission. Please visit cureovariancancer.org or call (205) 540-0310 for information.



205-999-8021 cureovariancancer.org



3rd Tuesday of each month

5:30 PM

LOCATION:

Homewood Public Library

Room 110

1721 Oxmoor Road

Homewood, AL 35209

ashley@nlovca.org

205-999-8021



205-999-8021 cureovariancancer.org

CAREGIVER
connection

Support group for spouses/partners of women
battling Ovarian and other GYN cancers.



CAREGIVER CONNECTION

From the moment your loved one is diagnosed with ovarian or other GYN cancers, **YOUR** life changes as well as your loved one's. Most people feel overwhelmed with emotion and confusion about what comes next. You may want to help but aren't sure exactly what to do and how to support your partner. **Norma Livingston Ovarian Cancer Foundation** wants to help you get through this stressful time and know that you are not alone on this cancer journey.

CAREGIVER CONNECTION is a safe place for you to talk about your caregiving experiences, your challenges as well as your successes, and gain the support of others who have also cared for partners during GYN cancers, treatment, and survivorship. You'll be with people who understand, and who can offer their experiences, wisdom, and resources.



CAREGIVER CONNECTION WILL:

- Reduce feelings of loneliness, anxiety and distress
- Help learn new ways of coping
- Increase feelings of hope and empowerment
- Provide practical information about treatment and resources
- Help communicate better with your loved ones



CAREGIVER CONNECTION is a support group specifically designed for spouses/partners of women living with ovarian and other GYN cancers. This group is intended to provide information and answers to help you help your loved one as she adjusts to life after a diagnosis.

CAREGIVER CONNECTION also provides an opportunity to connect and share with others in like situation. This support group is a friendly space for partners to discuss the unique challenges of supporting and caregiving for a partner going through cancer, while also caring for a family.

FACILITATED BY

Mark Driskill is the Lead Clinician with Collat Jewish Family Services. Mark's background is in counseling and social work. He has worked in these fields in the Birmingham area for the past 18 years.



A graduate of The University of Alabama's School of Social Work, he has worked for UAB and Bradford Health Services as well as having had a private practice in counseling.

Mark hopes his work with the **CAREGIVER CONNECTION** will help partners find ways to manage the stress they experience and the anxiety they feel while helping spouse manage their cancer diagnosis.

Mark Driskill, mark@cjfsbham.org or 205.879.3438

Join us on the 3rd Tuesday of each month to talk about the fears, challenges, and successful coping strategies associated with supporting a partner and family through a cancer diagnosis.