



# Coffee, Tea & Chat

# Sample

1:30 – 2:30

1 NW Pediatric  
Unit Family Room

To facilitate a community of support for the families of NIH, the Psychosocial Support Program has created an informal group for caregivers. Warmly referred to as the “coffee, tea, and chat” program, these sessions are informal gatherings of caregivers and experts within the hospital, with a goal of providing the caregivers with the opportunity to ask questions and share experiences with doctors, psychologists, social workers, recreation therapists, education specialists, and chaplains on a more personal level. Please join us this month for the following sessions:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Medical Play <i>Kristin Johnsen Recreation Therapist</i>	3 Seated Massage: Experience It's Healing Effects <i>Judith Lowitz Staff Nurse</i>	4
7 Reiki: What it is and how can help you and your child cope <i>Joani Hartman, Massage Therapist</i>	8	9 Medication Adherence Across the Lifespan <i>Sima Zadeh, Psychosocial Services</i>	10	11
14	15 Sleep Difficulties: Tips For You and Your Child <i>David Lang, MD Pediatric Consult Service</i>	16 Art for the Family <i>Megan Robb Art Therapist</i>	17 Depression & Anxiety: What is a normal reaction to stress? <i>Maryland Pao, MD Child Psychiatrist</i>	18
21	22 Traditional and Creative Ways to Assess & Treat Pain <i>Dan Handel Palliative Care</i>	23	24 Coping with Hospitalization <i>Sima Zadeh, Psychosocial Services</i>	25
28 Food, Nutrition & Your Family <i>Jennifer Graf Nutritionist</i>	29	30 Discipline: Too Little, Too Much, Just Enough <i>Lori Wiener, Ph.D. Psychosocial Services</i>		

# COFFEE, TEA, & CHAT



## A place of comfort and community for parents and caregivers...

Despite the hustle and bustle of the hospital and the myriad of people rushing in and out of each patient's room, it's not uncommon for patients and caregivers to feel somewhat alone in this process. Surrounded by top-notch doctors and state-of-the-art treatments, it is sometimes difficult to raise concerns or questions, or to just express frustration, confusion, sadness, or anger. Other caregivers may feel extremely hopeful and grateful, but may be equally hesitant to express optimism for fear of "jinxing themselves".

These thoughts and fears are present for all families here at the NIH- families who come to the pediatric inpatient unit or pediatric day hospital from all over the world but share a common mission: to attain the best possible care for their child or loved one. It is by coming

together to form a community of caregivers that you can stop feeling alone and start nurturing each another through the treatment process.

To facilitate this community of support, the Psychosocial Support Program has created an informal group for caregivers. Warmly referred to as the "coffee, tea, and chat" program, these weekly sessions are informal gatherings of caregivers and experts within the hospital, with a goal of providing the caregivers with the opportunity to ask questions and share experiences with doctors, psychologists, social workers, recreation therapists, education specialists, and chaplains on a more personal level.

Topics are provided for each chat, but the direction of each session is decided by the

caregivers, based on what they would like to talk or learn about on any given day. Topics include such things as parenting skills, pain management, palliative care interventions, understanding financial resources, attending to siblings, academic and vocational issues, adherence, learning styles, fertility concerns, nutrition, effective discipline, relaxation techniques, cultural issues, complementary medicine, treatment of sleep disturbances, and self-expression activities. We are always open to suggestions for other areas that parents would like to learn more or speak more about.

We hope that you will join us in building a community of competent and compassionate caregivers. For more information on upcoming topics, see the monthly calendars posted in the family room and pediatric clinic.