



# Spring To Life™

COMMUNITY EVENT

## Enduring Big Emotions

The Saratoga Hilton • May 6, 2023 • 3:30pm–5:30pm ET

### ABOUT THE PROGRAM

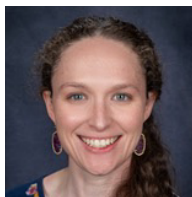
Spring to Life™ is an annual free program for patients who have been diagnosed with cancer, as well as their families, companions, and caregivers. Each year, patients and their loved ones join national experts, community oncologists/hematologists, and social workers to share stories of their cancer journey and improve understanding in a supportive environment.



**Ira Zackon, MD**  
New York Oncology Hematology,  
Immediate Past President  
Hematologist/Medical Oncologist  
NYOH Albany Medical Center  
Clinical Assistant Professor  
Albany Medical College,  
Albany, NY



**Mihir Raval, MD, MPH**  
Hematology and Stem Cell Transplant  
New York Oncology and Hematology,  
Clinical Assistant Professor  
Albany Medical College  
Albany, NY



**Frances Ford, LCSW-R, OSW-C**  
Social Work Manager  
New York Oncology Hematology  
Albany, NY

### AGENDA

<b>3:30 - 3:35pm</b>	<b>Welcome</b> - Dr. Ira Zackon (NYOH) - Dr. Mihir Raval (NYOH)
<b>3:35 - 3:40pm</b>	<b>Overview</b> - Frances Ford, LCSW-R, OSW-C (NYOH)
<b>3:40 - 4:10pm</b>	<b>Dialectical Behavioral Therapy, Acceptance and Commitment Therapy</b> - Alice Sorensen, LCAT, LMSW, MT-BC (NYOH) - Catherine Markey, LCSW, ACHP-SW (NYOH)
<b>4:10 - 4:40pm</b>	<b>Gratitude Therapy</b> - Claire Ralli, MSW, LCSW-R, OSW-C (NYOH)
<b>4:40 - 5:10pm</b>	<b>Writing as a Therapeutic Tool</b> - Frances Ford, LCSW-R, OSW-C (NYOH)
<b>5:10 - 5:15pm</b>	<b>Closing Remarks</b> - Frances Ford, LCSW-R, OSW-C (NYOH)

For more information visit: <http://spring2liferegistration.org/>

Host



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