

## SUPPORT GROUP JUST FOR CAREGIVERS

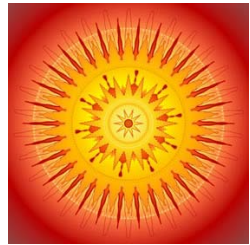
*It doesn't matter how you became a caregiver, there are common issues we all face. Just knowing that you are not alone is a big help. Talking to other folks who share your same concerns can help you discover strengths you did not know you had, and find the inspiration to continue with the challenges that are part of your every day life. The Family Life Center Group will provide a place where you can meet those helpers.*

## CAREGIVERS' SUPPORT GROUP

The Family Life Center  
703 Compton Road  
First Sunday monthly  
4-5:30 pm  
January—June and  
September—December  
2009

### The Family Life Center

703 Compton Road  
Cincinnati, Ohio 45231



**A Caring Place  
To Learn, To Heal,  
To Share Feelings**

**A Faith-Based Outreach of  
Northminster Presbyterian  
Church**

Tel: 513-931-5777 for  
information and for other  
groups that provide help for  
all ages and stages of  
life & life issues .

The Family Life Center  
 703 Compton Road, Cinti., OH 45231  
 Caregiver's Support Group  
 1st Sunday, 4—5:30 PM

## CAREGIVERS' GROUP SUPPORT AND INFORMATION

When it comes to caregiving, there's no question that both care givers and care receivers can have strong emotions about what is happening. This group will help with information about:

Getting over the loss of the person's previous health status and grief over new responsibilities that seem overwhelming.

Giving up unrealistic expectations that lead to unneeded guilt and frustration.

Developing a strong support system.

Sources of self-esteem and how to develop better self-esteem.

Success stories of other caregivers.

Financial and legal matters.

Balancing caregiving and working.

Creative care strategies.

Stress management.

No fee for class, childcare or companion.\*

### Sources of Information:

The group facilitators utilize resources including books, hand-outs and group discussion. Books can be borrowed from the Family Life Center Library. Session design is flexible in order to address the specific needs of those who are participating.

**Class Facilitators: Our group facilitators are experienced caregivers with training in leading small groups.**

**FORMAT:** Monthly sessions on Sunday afternoons.

Each month our facilitators will cover a topic related to caregiving, through book review, hand-outs and in small group discussion. The experience of group members contributes to the learning process. This group is designed around your concerns!

This group is privileged to be part of the Caregivers Assistance Network, operated by Catholic Social Services.

For help with any issue about caregiving, call the Caregiver CAREline: 929-4483.



The experiences of others can help us understand ourselves and our feelings.

703 Compton Road  
 Cincinnati, Ohio 45231

Bring or mail completed form to address above or fax to: 931-0260  
 Phone: 931-5777,  
 Email: flc@nmpchurch.org

Registration for Caregivers' Support Group:

Sign up for:	Time	Price
<input type="checkbox"/> First Sunday every month	4-5:30 PM	FREE !!
<input type="checkbox"/> I will need child care during class		FREE !!
<input type="checkbox"/> Number of children:		
<input type="checkbox"/> Ages and names:		
<input type="checkbox"/>		
<input type="checkbox"/>		
		Total: FREE !!

Name \_\_\_\_\_

Address including zip code \_\_\_\_\_

Phone and e-mail \_\_\_\_\_

How did you hear about us? \_\_\_\_\_