

Caregiver's Support Group

"US"

(understanding Support)

US is:

- Face to face contact to share your experiences & concerns
- Opportunity to create supportive friendships
- Reducing isolation, an opportunity to get out of home
- Regular, bi-monthly meetings
- Local people, local connections
- Avoiding Tunnel Vision ➤ Sharing feelings
- Focusing on that which you can control
- Finding the silver lining

US will create space for the sharing of *your* unique story.

US explores issues that may be a cause of caregiver fatigue.

US offers suggestions for coping with day-to-day caregiving challenges that you may encounter in caring for a loved-one.

“The best thing caregivers can do for their loved one is to take care of themselves.”



Hospice Society
OF CAMROSE AND DISTRICT

Where, When, How Much?

- 1st & 3rd Tuesday of every month
 - Location: Mirror Lake Center, 5415-49 ave, Camrose (lower level)
 - No cost to participants
 - 1:30-3:30pm
- Call Joan at 780.672.9579**

