

COMING IN OCTOBER!

## PHILOPTOCHOS CAREGIVER SUPPORT GROUP FOR ORTHODOX CHRISTIAN CAREGIVERS NATIONWIDE



- Are you caring for a loved one who is elderly, or has a chronic or life-threatening illness or health condition, or who is disabled?
- Do you wish you could talk to others who are facing the same caregiving challenges as you?
- Would you find it helpful to share your thoughts, concerns, and questions about caregiving with those who understand our faith, culture, and community?
  - Are you so overwhelmed you're not even sure what to ask or who could help?

*If you answered yes to any or all the above and would like more information, contact the*

### PHILOPTOCHOS CAREGIVER SUPPORT GROUP

Facilitated by professionals knowledgeable in caregiving and aging services, we will “meet” on Zoom, six consecutive Tuesday evenings. In a **confidential and safe environment**, we will discuss best practices to help caregivers navigate the myriad of diverse and distinct challenges they face including managing the physical needs and cognitive issues faced by their loved ones; balancing family responsibilities; impact of caregiver stress, guilt, frustration, exhaustion and burnout; family dynamics and decision-making; long-distance and holiday caregiving; financial concerns; and preparing for the future.

The last session, led by an Orthodox Christian member of the clergy, will examine caregiving within the context of our religion, faith and culture to help caregivers gain understanding, build strength and resilience.

Secular and spiritual resources to help caregivers cope will be distributed.

*Because the group will meet on “Zoom”, it will be accessible to caregivers throughout the USA.*



**Six consecutive Tuesday evenings:**

**Dates: October 18 – November 22, 2022**

**3 sessions @ 7pm – 8pm EST • 3 sessions @ 7pm – 8:30pm EST**

**Pre-registration Required**

For information and to pre-register, please email [supportgroup@philoptochos.org](mailto:supportgroup@philoptochos.org)

**Space is limited - Don't delay - Email us today.**

Sponsored by:

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