COMING JANUARY 30, 2024 – MARCH 5, 2024

PHILOPTOCHOS CAREGIVER SUPPORT GROUP FOR ORTHODOX CHRISTIAN CAREGIVERS NATIONWIDE

- ***Are you caring for a loved one of any age – who may be elderly, or has a chronic or life-threatening illness or health condition, or who is disabled?***
  - ***Do you wish you knew others who are facing the same challenges as you?***
    - ***Do you wish there were someone with whom you could share your thoughts, concerns, and questions and who understands our faith, culture, and community?***
      - ***Are you so overwhelmed you're not even sure what questions to ask or who could help?***

If you answered yes to one or more of the above, please join the:

PHILOPTOCHOS CAREGIVER SUPPORT GROUP

Tuesday, January 30, 2024 – Tuesday, March 5, 2024
7:00 pm EST – 8:00 pm EST

Facilitated by professionals knowledgeable in caregiving and aging services, we will "meet" over Zoom on six consecutive Tuesday evenings from 7pm EST to 8pm EST. In a **confidential and safe environment**, we will discuss best practices to help you manage the physical and emotional needs of your loved one; cognitive issues resulting from Alzheimer's or other dementias; caregiver stress, anger, guilt, frustration and exhaustion; importance of self-care; family dynamics/decision-making; long-distance and holiday caregiving; financial concerns; local & broader services and resources; and preparing for the future.

The last session, **led by a member of the clergy**, will address how faith, culture, and spirituality can help build your understanding, strength, and resilience.

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

Six consecutive Tuesday evenings:

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7:00 pm EST – 8:00 pm EST

PRE-REGISTRATION REQUIRED – GO TO:
https://docs.google.com/forms/d/e/1FAIpQLSdgNy9_9JeCpFkndCj8very_EiYpKZ_-ns0HeUVrILJUKeXLA/viewform

Space is limited - Don't delay! Pre-Register today.

For more information, please email us at: supportgroup@philoptochos.org

Sponsored by:
Department of Social Services of the Greek Orthodox Ladies Philoptochos Society, Inc.
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