



PHILOPTOCHOS CAREGIVER SUPPORT GROUP FOR ORTHODOX CHRISTIANS NATIONWIDE: MAY 1 - JUNE 5



- *For parents of a special needs child...*
- *For parents in the Sandwich generation...*
- *For husbands, sons, brothers caring for a loved one...*
- *For family members caring for a loved one of any age...*

Are you concerned about

- *How your special needs child will be cared for when you no longer can?*
 - *Raising a school aged child while at the same time caring for an elderly parent?*
 - *Where and how to find resources to help you care for a loved one - a spouse, a parent, an in-law, or a child of any age - with Alzheimer's, a chronic disability, a life-threatening illness or an intellectual or developmental disability?*
 - *Always feeling exhausted, stressed and angry that your life isn't what you hoped for?*
 - *Being so overwhelmed you're not even sure what questions to ask?*

Do you wish there were others to talk to with whom you can share your experiences and concerns and who understand our faith, our culture and our community?

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, JOIN OUR PHILOPTOCHOS CAREGIVER SUPPORT GROUP

Led by professionals, we will "meet" over Zoom on six consecutive Thursday evenings from 7pm - 8pm EST. In a **confidential, non-judgmental and safe environment**, we will discuss evidence-based best practices to help improve your ability to manage the physical, emotional and cognitive issues faced by your loved one, to learn how to be your loved one's advocate, and to find and access local and broader resources to ease your caregiving journey.

We will discuss the importance of self-care, managing your own roller-coaster emotions, the impact of family dynamics on caregiving, long-distance and holiday caregiving, financial concerns, and preparing for the future.

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

Six consecutive Thursday evenings 7pm - 8pm EST: Eastern Standard Time

MAY 1 - JUNE 5, 2025

Pre-registration is Required. <https://forms.gle/1xAo32yvABR4gMud9>

Space is limited - Don't delay!

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