



GREEK ORTHODOX ARCHDIOCESE OF AMERICA
GREEK ORTHODOX LADIES PHILOPTOCHOS SOCIETY, INC.



Department of Social Services

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**PHILOPTOCHOS CAREGIVER SUPPORT GROUP
FOR ORTHODOX CHRISTIANS NATIONWIDE**

4 Consecutive Tuesday evenings, September 8, 15, 22 & 29 | 7:00 pm – 8:30 pm

- *Are you caring for a loved one of any age who has Alzheimer's, or a chronic or life-threatening illness, a physical or developmental disability, or a mental health disorder?*
 - *Are you a male trying to navigate the challenges of caregiving?*
 - *Are you in the sandwich generation, caring for a parent while raising a school-age child who is anxious about their parent's health and who doesn't understand why you no longer can "be there" for them?*
 - *Do you feel exhausted, stressed or helpless some or much of the time?*
 - *Do you get angry and then feel guilty about getting angry?*
 - *Do you wish there were others with whom you could share your experiences, thoughts, concerns, and questions, who understand our faith, culture, and community?*
 - *Are you so overwhelmed that you aren't even sure what questions to ask?*



If you answered yes to any of the above, join the
PHILOPTOCHOS CAREGIVER SUPPORT GROUP

Led by professionals, we will "meet" over Zoom on four consecutive Tuesday evenings from 7:00 pm – 8:30 pm EST. In a confidential, non-judgmental, and safe environment, we will discuss best practices to help you manage the physical, emotional, and cognitive issues your loved one faces and find local and broader resources to ease your caregiving journey. We will discuss the importance of self-care; ways to manage your roller-coaster emotions; family dynamics in caregiving and decision-making; safety planning; long-distance and holiday caregiving; financial concerns; and preparing for the future. The final session, led by Rev. Dr. Harry Pappas, will explore how faith, prayer, spirituality, and cultural traditions can deepen your understanding and strengthen your resilience.

FOUR CONSECUTIVE TUESDAY EVENINGS | SEPTEMBER 8th, 15th, 22nd & 29th

7:00 pm – 8:30 pm EST

Pre-registration is Required

Space is limited – Don't delay. Pre-register here:

<https://forms.gle/eQfRPw4w2zCWU6yj9>

Once accepted into the group, you will receive the Zoom link.