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:
Dates: Tuesday, January 30, 2024 – Tuesday, March 5, 2024
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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