

# We are not alone



## **Support Group Meets every 2<sup>nd</sup> Wednesday at 2:00 pm**

Next Meeting – January 12, 2022 in the DH II Conference Room

Support groups help spouses and family members take time for self-care and access valuable resource information. We provide participants with opportunities to share ideas, joys and struggles in a supportive, non-judgmental atmosphere. We learn that we are not alone as we support and learn from each other. Come connect with others who will listen, understand and bring you hope and peace of mind.

Meeting is co-sponsored by Deupree House and the Caregiver Assistance Network, a program of Catholic Charities Southwestern Ohio, funded in part by the Council on Aging

For more information call (513) 672-3834 or visit [www.ccswoh.org/programs/caregiver-assistance-network/](http://www.ccswoh.org/programs/caregiver-assistance-network/).

