



Caregiver Resource Group

What are the Benefits

Caregiver support groups help caregivers care for themselves and access valuable resource information. We provide caregivers with opportunities to express their feelings in a non-threatening, and non-judgmental atmosphere. Caregivers learn that they are not alone and to share techniques for handling the "nitty-gritty" of daily care. Come connect with other caregivers who will listen, understand and ease your burden.

Who Should Come

- ❖ An adult child who is concerned about an aging parent.
- ❖ A spouse feeling overwhelmed with the responsibilities of caring for a mate
- A friend who feels responsible for checking on an ailing individual who may have no family
- ❖ A sibling who visits a brother or sister on a regular basis
- Anyone who feels responsible for the care and welfare of another individual

You are a caregiver whether you devote as much as 24 hours a day, or as little as 5 minutes a week to someone you care for!







Every 2nd Wednesday

2:00 - 3:30 pm

Deupree House

(Deupree House II Conference Room) 3939 Erie Ave. Cincinnati, OH 45208

Hyde Park, OH

Contact us:

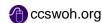
Careline: (513) 869-4483

Caregiver Assistance Network 7162 Reading Road, Ste 600 Cincinnati, OH 45237 (513) 672-3834

ahomoelle@ccswoh.org www.ccswoh.org/caregivers

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

We are an agency of the Archdiocese of Cincinnati and affiliated with Catholic Charities USA.





Council on Aging

of Southwestern Ohio

