

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

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