

TWO UPCOMING CAREGIVER SUPPORT GROUPS

Group One: MARCH 6 – APRIL 10 | Group Two: MAY 1 – JUNE 5

PHILOPTOCHOS FAMILY CAREGIVER SUPPORT GROUP FOR ORTHODOX CHRISTIANS NATIONWIDE

- Are you caring for a spouse, a parent, an in-law or other loved one of any age who has Alzheimer's or a chronic or life-threatening illness or a disability?
- Are you a male trying to navigate the challenges of caregiving?
- Are you in the sandwich generation raising a child while also caring for a parent?



- Do you wish you could talk to others about your exhaustion, stress, anger and guilt without being judged?
- Do you wish there were others with whom to 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?

If you answered yes to any of the above, join the

PHILOPTOCHOS CAREGIVER SUPPORT GROUP

Led by professionals, we will “meet” over Zoom on six consecutive Thursday evenings from 7pm – 8pm EST. In a **confidential, non-judgmental and safe environment**, we will discuss best practices to help you manage the physical, emotional and cognitive issues faced by your loved one and to help you find and access resources to help ease your caregiving journey. We will discuss the importance of self-care, the impact of family dynamics on caregiving, long-distance and holiday caregiving, financial concerns, 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.

Six consecutive Thursday evenings 7pm – 8pm EST

Group One: MARCH 6 – APRIL 10, 2025

Group Two: MAY 1 – JUNE 5, 2025

Pre-registration is Required. Please specify Group 1 or Group 2

Pre Register Here: <https://forms.gle/RMk5cr4tDe69o5Sh9>

Space is limited - Don't delay!



Sponsored by:

Greek Orthodox Ladies Philoptochos Society, Inc. • Department of Social Services
126 East 37th Street • NY, NY 10016 • (212) 977-7770 • www.philoptochos.org
supportgroup@philoptochos.org