



“Taking Care of Me” Education and Support group



The caregiver support group meets the third Monday of the month. The dates will be as follows:

2009

Monday, September 21 st	6-7:30PM
Monday, October 19 th	6-7:30 PM
Monday, November 16 th	6-7:30 PM
Monday, December 21 st	6-7:30 PM

2010

Monday, January 18 th	6-7:30 PM
Monday, February 15 th	6-7:30 PM
Monday, March 15 th	6-7:30 PM
Tuesday, April 19 th	6-7:30 PM
Monday, May 17 th	6-7:30 PM
Monday, June 21 st	6-7:30 PM
Monday, July 19 th	6-7:30 PM
Monday, August 16 th	6-7:30 PM



“Taking Care of Me”

Learning to take good care of your self while caring for someone else is the best predictor of maintaining health and quality of life for both in the “**care partnership**”. In this kind of support group, the focus is definitely on the caregivers; because you are the critical link to successful at home care. This caregiver support group will also do what most support groups do: **have time to share concerns, learn new resources and get professional advising.**

This group will also provide techniques on **stress management by learning relaxation, deep breathing and guided imagery exercises as well as the use of laughter and humor in our everyday lives.** We will investigate **journaling** as a way to clarify and examine the many thoughts and feelings we are experiencing about our caregiving. We will look at improving organizational skills to help us manage the health care of both care receiver and giver. **The group will be augmented by videos and some guest experts.**

The group meets at the Boston Center for Rehabilitation, 1245 Centre St, in Roslindale, (across from Hebrew Senior Life) where there is free parking and a T bus stop just a few minutes away from Forest Hills. Refreshments will be served. The group will meet on the third Monday of the month .**You are required to pre-register monthly by calling group leader, Leslie Ahern at 617-477-6676.** Please visit websites www.caregiveralliance.org and www.ethocare.org for more info on care giving and homecare options.