

A Supportive Learning and Discussion Group from the Innovation Series...

Caring for Parents with Chronic Conditions

Thursdays, Sept. 26 – Oct. 31, 2024

10:30 a.m. to Noon

Family Caregivers Center of Mercy

901 8th Ave. SE

Cedar Rapids, IA 52403



This 6-week supportive learning group is designed for adult children who are caregivers and/or are supporting a caregiver of a parent with a chronic condition such as dementia, cancer, Parkinson's, heart disease, etc. Participants will have the opportunity to share, learn, and discuss ideas about topics that are common to the caregiving experience such as stress, communication, and finding balance.

- ❖ Connect and learn from others who may be experiencing similar situations.
- ❖ Facilitated by Center Volunteers Paula Burgmeier and Jody Weigel.
- ❖ Meetings are **in person** at the Family Caregivers Center.

Please register by Sept. 20 by calling the Family Caregivers Center at (319)221-8866 or emailing fcgc@mercycare.org.

*Space is limited to a maximum of 10 participants. First time attendees will be given priority.
Please provide phone number and email address when registering.*

