

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

The Great Challenges of Caregiving

Thursdays, June 6 to
August 22, 2024
(no meetings July 4 and August 1)

1 to 2:30 p.m.

901 8th Ave. SE, Cedar Rapids



This 10-week supportive learning group for caregivers of someone with a chronic condition will focus on topics common to the caregiving experience. Caregivers will have the opportunity to share their expertise as well as discuss new ideas in areas such as stress, mood management, anxiety, and communication. Discussions will also include changes in family and social relationships as well as the financial impacts of a chronic condition.

- ❖ Connect and learn from others who may be experiencing similar situations.
- ❖ Meetings are held **in person** and facilitated by Center Volunteers Les Deal & Peg O'Rourke.

Please register by May 30 by calling the Family Caregivers Center at (319) 221-8866 or emailing fccg@mercy.org.

Space will be limited to a maximum of 12 participants. Priority to 1st time attendees.

