

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

## Life After Caregiving for Spouses



**Thursdays, Nov. 7, 14, & 21  
and Dec. 5, 12, & 19, 2024  
3 to 4:30 p.m.**

**DeWolf Innovation Center  
9000 C Ave. NE  
Cedar Rapids, IA**

What happens when caregiving is over? After a spouse dies, caregivers may experience a variety of emotions and life changes. This supportive learning group provides an environment of acceptance to discuss feelings and ask questions about how to deal with the loss of caregiving as well as the loss of a spouse.

Topics include grief, self-care, and planning for the future. Conversation will be facilitated by Tammy Buseman, Mercy Medical Center Chaplain, and Becky Krapfl, Family Caregivers Center Caregiver Engagement Facilitator. This series is for spousal caregivers who have experienced the loss of a spouse or partner.

**Please register by **November 4** by calling the Family Caregivers Center at (319) 221-8866 or emailing [fcgc@mercycare.org](mailto:fcgc@mercycare.org).**



You are invited to...

## Exploring Grief and Loss Support for Family Caregivers

Join us for a focus group as we explore community needs related to grief and loss. We are interested in connecting with you as we develop new programming to support those who have lost a loved one.

If you are a family caregiver who has experienced a loss and would be willing to share ideas regarding how you could best be supported, please attend this open discussion. Refreshments will be served.

**Wednesday, November 6, 2024**  
**5:30 to 7 p.m.**

**901 8<sup>th</sup> Ave. SE**  
**Cedar Rapids, IA 52403**

Please **RSVP by November 1** by calling the Family Caregivers Center at (319) 221-8866 or emailing [fcgc@mercyare.org](mailto:fcgc@mercyare.org).