

NEW in 2024! A Supportive Learning and Discussion Group from the Innovation Series...

Caregiving and Guilt, Resentment, and Acceptance

Thursdays 1-2:30 p.m.
January 4, 11, 18, 25



This four-week series will focus on some of the toughest and most real emotions and feelings about caregiving. The first two sessions will explore guilt – what it is, strategies to recognize it, and steps to overcome it. Weeks three and four will delve into the feelings of resentment and finding acceptance in our roles as caregivers. Participants will have the opportunity to share, learn, and discuss ideas and experiences with these topics.

- ❖ Connect and learn from others who may be experiencing similar situations!
- ❖ Facilitated by Center Volunteer Peg O'Rourke.
- ❖ Meetings are **via Zoom only!** A link will be emailed to you after you register and before the first session.

Please register by January 2nd by calling the Family Caregivers Center at (319) 221-8866 or emailing fcgc@mercycare.org.

