

# Free Support Group for Caregivers

We understand the stress you are under every day as you care for your loved one. Maybe you need a little extra support, a safe space to talk or a chance to connect with others who are in a similar situation. As a caregiver, it's important for you to take care of your well-being for your own benefit, as well as that of your loved one.

Our goal is to help encourage you, relieve some stress and interact with peers, Good Shepherd Hospice is offering free caregiver support group meetings via Zoom every month.

## Caregiver Support Group

Beginning September 2020

Second and fourth Thursdays of the month

11 a.m. – 12:30 p.m.

Zoom video/phone conference

Please join us to learn techniques to deal with stress and compassion fatigue, and hear how others in the community are coping. Led by one of our professional counselors, the support group offers a safe space for caregivers to come together.

Registration is required. Register online through the calendar at [www.chaptershealth.org](http://www.chaptershealth.org) or call **863-968-1739**. Login information will be provided by a Good Shepherd Hospice representative following registration.

Support groups are open to all adults in Polk, Highlands and Hardee counties who are caring for a loved one. Your loved one does not have to be under hospice care. For more information, please call 863-968-1739.



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