

We meet in a relaxed atmosphere where you can talk freely with other caregivers sharing your thoughts, fears and apprehensions and know you are not alone.

Caregivers Core Values

Act responsibility—Encourage others

Show compassion—Seek information

Work together—Utilize resources

Share ideas—Support and uplift

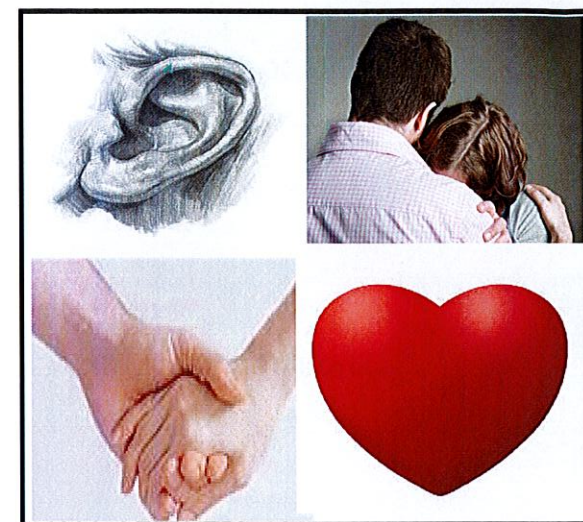


Reach Out Before You Burn Out

If you are, or have been a caregiver, or know someone who would like to encourage support, share helpful hints and give hope to others on their caregiving journey, this is the Support Group for you.

Our aim is to enrich the caregiving experience as we open up our hearts to others during this difficult time. You may/will have “down days”, let us help lift you up!

CAREGIVER SUPPORT GROUP



Where....

**Mechanicsburg Church
of the Brethren
301 Gale Street
Mechanicsburg, PA 17055**

When....

**Third Tuesday of every
month at 1:00 p.m.**

What do our symbols mean?



Ears to listen



Shoulders to cry on



Hands to hold



Hearts that care

CAREGIVING

Caring and Compassionate

Assisting and Accommodating

Responsible and Resourceful

Encouraging and Embracing

Giving and Gracious

Inspiring and Informative

Versatile and Valued

Nurturing and Navigating

Graceful and Generous

How our Caregiver group began...

Our group started in November 2006 with the aim to enrich the caregiving experience. We provide an outlet to share concerns, anxiety, feelings and fears with others who have been on the caregiving journey. To effectively take care of others we must first take care of ourselves. Our Support Group can help as you learn to treat yourself with compassion and love so that you become able to do the same for others.

