GREEK ORTHODOX ARCHDIOCESE OF AMERICA

GREEK ORTHODOX LADIES PHILOPTOCHOS SOCIETY, INC.

THE NATIONAL PHILOPTOCHOS DEPARTMENT OF SOCIAL SERVICES IS SPONSORING A CONFIDENTIAL

TELEPHONE CAREGIVER SUPPORT GROUP
FOR ORTHODOX CHRISTIANS

Are you caring for a loved one who is elderly, has a chronic or life-threatening health condition or who is disabled? Do you wish you could talk to others who are facing the same challenges as you? Do you wish you had someone with whom to share your thoughts, concerns and questions and who understands our faith, our culture and community? Are you so overwhelmed you're not even sure what or who could help?

If you answered yes to some or all and would like more information, please join the

PHILOPTOCHOS TELEPHONE CAREGIVER SUPPORT GROUP

Facilitated by professionals knowledgeable in caregiving and aging services, the support group will "meet" over the telephone on seven consecutive Thursday evenings. Access will be available to Orthodox Christians throughout the Archdiocese.

In a **confidential and safe environment**, we will discuss best practices to help you manage the physical needs of your loved one; dealing with stress, guilt and exhaustion; the importance of self-care; financial concerns; family dynamics and decision-making; resources to help you cope; long-distance caregiving; preparing for the future; spiritual resources to help you find strength and build resilience; and more.

Seven consecutive Thursday evenings:

Dates: **FEBRUARY 27th to APRIL 9th, 2020**

Time: 7:00 pm – 8:00 pm • Eastern Standard Time

Pre-registration Required

Call-In phone number will be provided upon registration

For more information and to pre-register, email supportgroup@philoptochos.org

SPACE IS LIMITED – PLEASE DON'T HESITATE! EMAIL US TODAY.

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