

**CARE FOR THE CAREGIVER  
SUPPORT GROUP OFFERS**

The Caregiver Support Group offers caregivers ways in which to cope and care for their loved ones while also taking care of their own needs in a non-judgmental environment. Whether you are caring for a member of your family, a neighbor, or a friend, you are encouraged to attend. *(You do not need to be a member of Shepherd of the Hill Lutheran Church.)*

The Caregiver Support Group meets on the last Thursday of every month at Noon at Shepherd of the Hill Lutheran Church. The dates may vary, so please call the church office to RSVP for the meeting at **815-838-0708**. We provide a lite lunch.



**OBJECTIVE**

The objective of the Care for the Caregiver Group is to offer support, strategies for coping, information, and resources to the caregiver in a supportive non-denominational and non-judgmental environment.



Topics are offered on a variety of coping themes aimed at assisting the caregiver to better care for themselves while caring for their loved ones/others. Topics may include, but are not limited to: assertiveness, building a support system, grief and loss, legal/medical assistance, financial resources, respite, recreational activities, self-care, sleep, hygiene, stress management, and time management. Caregivers may also offer help and assistance to each other and new group members in a wide variety of topics and/or through individual experiences.

We are sensitive to our caregivers' concerns about the nature of information shared, and, therefore, ask all attendees to keep all information confidential.



*Lord, I have nothing left to give.  
I'm exhausted and worn out  
yet so many still ask for more.*

*Grant me the strength  
that sustained you enough  
on the cross  
to offer one last word of  
forgiveness  
that I may be gentle with others  
and with myself.*

*And when that, too, is spent,  
help me stay present even in my  
emptiness.*

*And let my presence be the first  
and last gift I have to give.*

**Amen.**

### OUR MISSION

Our mission is to enrich and empower the lives of those who care for others in a caring, non-judgmental, and supportive environment while providing ways in which to cope through information, resources, and the power of prayer.



### FACILITATORS OF THE SUPPORT GROUP

The facilitators of the Caregiver Support Group are volunteers and experienced professionals.

**Kathleen McCarthy** is a Licensed Professional Counselor (LPC, M.S.) with over 20 years' experience.

**Rev. Dr. Jon Pedersen**, B.S., M. Div., D. Min., is Pastor of Shepherd of the Hill Lutheran Church



**Evangelical Lutheran  
Church in America**

God's work. Our hands.

9/13/17

## *Care for the Caregiver Support Group*



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Thursday of each month**

**Shepherd of the Hill  
Lutheran Church**

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