

## Why Should I Join This Group?

- To have an opportunity and space where you feel comfortable to share your stories, thoughts, feelings, and experiences from caregiving. So you can gain support and understanding from other caregivers who are in similar circumstances as you.
- To improve your acts of self-care and avoid burning out.
- To gather information about issues specific to caregiving.
- To learn new skills in managing caregiving roles.
- To discover insights about yourself and your style of caregiving.
- To take a break.



**Participants can self-refer or be referred by an agency or healthcare professional.**

## How to Reach Us

540 George St. N  
Peterborough, ON  
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(705) 743-2272  
1-800-274-1611  
ccrc@ccrc-ptbo.com  
www.ccrc-ptbo.com

COMMUNITY COUNSELLING AND  
RESOURCE CENTRE (CCRC)



# Caregiver Support Group

A GROUP WHERE  
CAREGIVERS CAN  
CONNECT WITH OTHER  
CAREGIVERS

**CCRC**   
Turning things around



This group is open to adults (18+) caring for family or friends with physical and/or mental health issues.

This is a free group for people who are caring for a loved one; it was created to provide caregivers a place to share their experiences and feelings about caregiving, with other caregivers.

In this group, you will take a break, develop new ways of coping with the pressures you face, and feel supported and understood.

This is an 8 session group with 1.5 hours per session. This is a closed group, which means participants will be asked to commit to all 8 sessions.

Groups can vary in size, but spaces are limited, reach out to claim your spot.

### **Requirements:**

Prior to enrollment each participant will need to have a telephone intake appointment.

### **Starting Date and Deadline:**

Enrollment for this group is ongoing, contact us for our next start date.

**For more information:**  
(705) 743-2272 ext. 308



## What We'll Talk About

- The tasks involved in caregiving.
- The "how's and why's" of caregiving.
- The challenges of caregiving.
- Setting realistic goals.
- Establishing limits.
- The differences between healthy and unhealthy guilt.
- Self-talk and how we can alter it.
- Information about long-term care and decision-making.
- The process of grief, anticipatory grief, and where it comes from.

