**CAREGIVER**

 **SUPPORT GROUP**

**When:**

**Third Wed of every month 6pm – 730pm**

**Place:**

**United Methodist Church Berea**

 **3rd Wed of each month**

Support groups reduce anxiety and depression, increase coping skills and help keep you and your loved one happy. The Group will be led by Jo Boggs and Lori Hanson, LPCC, and is for ALL caregivers; not exclusive to TBI.

Small Group Discussions will be introduced and Professionals will cover several topics such as:

Stress

Guilt

 Nutrition

 Finances

 Medications

 Psychological issues

 How to keep the love in your relationship

Sign Up With

1. United Methodist Church of Berea: 440-234-3525 Ext 100

 Please include:

 Name, Address, Phone and email (optional)

 OR

1. HansonHouse: 440-234-9900 or email tbidirector@aol.com

 Please include:

 Name, Address, Phone and email (optional)

This Support Group is **FREE OF CHARGE.**

 (a service of HansonHouse and Berea United Methodist Church)