



# Family Caregiver Support Group

If you are caring for someone,  
who is caring for you?



*Come out, come down,  
join your neighbors and friends  
and support each other.*

The education and support designed for this group will make it possible for families to learn more about coping skills, as well as understanding feelings and changes in their daily lives.

## **Family caregiver support groups provide:**

- A safe haven for sharing feelings and a non-judgmental atmosphere.
- A social friendly outlet where you can meet new friends.
- Information, education and resources.
- A place to learn coping mechanisms.
- Advice on what lies ahead, so you anticipate changes.
- Support for your sanity and confidence-you are not alone.
- TLC from people who truly understand your situation.

Every 1st and 3rd Tuesday of the Month 4:00 p.m. to 5:00 p.m.,  
Refreshments will be served. For more information, contact Liz Thomas at 830-238-5905,  
or email [ethomas@mhm.org](mailto:ethomas@mhm.org).

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Open hearts. Open minds. Open doors.

**The people of The United Methodist Church™**