



CAREGIVER GROUP

1st & 3rd Fridays of every month

10:30 am – 11:30 am

5700 S. Quebec St. #310 / Greenwood Village

Caregiving is one of the hardest jobs you'll ever have. If you are feeling lost, overwhelmed, helpless, exhausted or alone, know that those feelings are not uncommon. Our Caregiver Group will provide time for you to talk about what is important to you as well as focus on:

- Anticipatory grief
- Stress reduction
- The "in-between" place
- Easy coping strategies
- Saying good-bye
- Caregiver self-care

Please call Beth Palent-Saper, LCSW / Bereavement Coordinator, at 720-941-2683, Ext. 30258 for more information or to **reserve your place.**



To request a volunteer to stay with your loved one so you can attend, call Volunteer Coordinator, Michele McKittrick at 720-941-5580 X 30243 or email mmckittrick@suncrestcolorado.com by the preceding Friday.