

Caregiver Support Group

About

More than 1 in 5 Americans are caregivers, and more than half of these caregivers feel their role gives them a sense of purpose and meaning. However, that doesn't mean that caregiving comes without its challenges. The Caregiver Support Group held at St. Joseph Hospital Senior Resource Center, provides a safe space where caregivers can discuss common challenges, work through difficult emotions specific to caregiving, and increase their current coping skills. Located at 460 Amherst Street in Nashua, NH, directly next to St. Joseph Hospital Primary & Specialty Care Services.

Topics of Discussion

- Understanding the barriers to asking for and/or accepting help
- How relationships can change with those around you (parents, siblings, friends, etc.) and ways to manage conflicts that may arise within those relationships
- Navigating the role of advocate in the home, care facility, and community
- Concerns for one's own health, recognizing the signs of caregiver burnout, and ways to prevent and treat caregiver burnout
- Exploring thoughts and feelings surrounding the transition of a care receiver to a care facility, hospice, or end of life

Additional Information

For more information on this free group, or to register, please contact: Tara Collins, Manager of Mission Integration, at (603) 884-3306

January

- Monday, January 8th
- Monday, January 15th
- Monday, January 22nd
- Monday, January 29th

February

- Monday, February 5th
- Monday, February 12th
- Monday, February 19th
- Monday, February 26th



ST. JOSEPH HOSPITAL

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