

LIMITED TERM SUPPORT GROUP

WHEN RELATIONSHIPS CHANGE WHILE CAREGIVING

TUESDAYS, 5/7 - 6/11/24

11:30 A.M. - 1 P.M.

IN PERSON AT ADRC

300 S ADAMS ST, GREEN BAY

Are you struggling to make sense of your changing relationship due to caregiving? Taking over the finances, responsibility for cooking, handling outside chores, home maintenance, etc. The reversal of roles, taking on tasks that your loved one used to do but can no longer handle, can be a very big adjustment.

You could be grieving or struggling with ambiguous loss. When a loved one dies, there is usually closure. Ambiguous loss is different because closure is not possible, and your grief cannot be resolved while the person you are caring for is still alive.

We invite you to join us for this limited term support group starting on Tuesday, May 7. During this time, we will discuss the losses we experience while caregiving, what grief is, different types of grief, and how we can help work through it and still be kind to ourselves.

This group will be led by James Jozwiak, MSW, APSW & Brittany Maas, MSW, APSW, Foundations Counseling.

Join us at 11 a.m. for lunch! Our Community Café is available for individuals 60+ at a suggested contribution of \$5. All others are welcome to join at the full cost of \$11.35. Grounded Café is also available and open to the public!

If you're interested in participating, call Teri,
ADRC Caregiver Specialist at (920) 448-4320 or
email teri.bradford@browncountywi.gov

