



# CAREGIVER SUPPORT GROUP

Free & Open to anyone caring for an aging loved one.

**Are you overwhelmed by the  
demands of caregiving?**

We invite you to connect with fellow caregivers who understand the unique challenges you face.

**Starting January 17th, 2024  
Every 3rd Wednesday  
9 am - 10 am**



Generations Ashe  
180 Chattyrob Lane  
West Jefferson, NC

Caring for others starts with caring for yourself.  
You're not alone—let's navigate this journey together.

**Contact Myles Stacey for more information.  
MStacey@hccog.org or 828-265-5434 ext. 123**





# WHY ATTEND A SUPPORT GROUP?

Are you feeling stressed and overwhelmed?

Are you depressed? Tired? Rundown?

Are you longing for a support system?

Have you ever wanted someone to just be there for **you**?

Do you need to know more about resources and services in our community?

If you answered yes to any of these questions, we hope you will join us for our Ashe County Caregiver Support Group. Every 3rd Wednesday from 9 AM - 10 AM @ Generations Ashe

## What to Expect from our Group:



**A safe, confidential place** where emotions about caregiving can be expressed and validated (like grief, frustration, and anger), helping you understand that you are NOT alone.



**A time set aside** just for caregivers, helping you maintain balance by doing something to actively care for yourself.



**New ideas** from other caregivers about how they deal with common challenges of caring for a loved one during the various stages of your caregiving journey.



**An opportunity to learn** from experts when special speakers are invited by the group