# New Support Group for Caregivers!

# All unpaid family caregivers caring for people of any age are welcome!

These educational programs will focus on supporting and learning from on another. You can attend anonymously, by phone or online and on any device. Join us!

**First session Thursday, March 4th from 6-7 PM. Self-Care: Caregiver Health and Respite**

The March session will focus on the importance of emotional and physical well-being of unpaid family caregivers. Individuals that serve as family caregivers have little time for preventive healthcare and self-care behaviors. Through discussion and personal reflective support, the group will explore specific strategies to improve self-compassion and discuss the importance of self-care for the betterment of themselves and those under their care.

**How to sign up for the session:**

* Go to the Hey Peers [**website**](https://www.heypeers.com/)
* You will be asked to [**create an account**](https://www.heypeers.com/members/sign_up). Click the register button on the upper-right side of the website to create your account**.**
* Next, sign in to your account and [**register for this session**](https://www.heypeers.com/meeting_details?color=E57373&id=4510)

# More sessions in April, May, and June!

To sign up for future sessions, follow the instructions under each session. You must sign up for each session separately, but you only need to create an account the first time you go to the HeyPeers website.

**Thursday April 1st from 6-7 PM     Caregiver Burnout: Managing Personal Stress**

* [**Create an account**](https://www.heypeers.com/members/sign_up) on the HeyPeers website if you have not already done so.
* Sign in, and [**Register for April 1st**](https://www.heypeers.com/meeting_details?color=E57373&id=4511)

In April, we will focus on stress management for unpaid family caregivers. Unmanaged stress can lead to significant mental, emotional, and physical issues for caregivers. This session will explore recognizing early warning signs like identifying sources of stress and implementing changes to reduce personal stress and caregiver burnout. There will be opportunities for discussion, emotional support, and personal reflection.

**Thursday May 6th from 6-7 PM Family Caregiver Communications: Constructive Communication**

* [**Create an account**](https://www.heypeers.com/members/sign_up) on the HeyPeers website if you have not already done so.
* Sign in, and [**Register for May 6th**](https://www.heypeers.com/meeting_details?color=A1887F&id=4512)

The May session will focus on the importance of communication for unpaid family caregivers. Often, we all struggle with asking for help and support.  The ability to communicate needs and wishes is vital for the well-being of family caregivers and those under their care. This session will explore constructive communication guidelines, such as the utilization of “I” Statements, Active Listening, and Assertive Emotional Communication. There will be opportunities for discussion, emotional support, and personal reflection.

**Thursday June 3rd from 6-7 PM     Social Isolation: Finding Joyful Moments in Caregiving**

* [**Create an account**](https://www.heypeers.com/members/sign_up) on the HeyPeers website if you have not already done so.
* *June Registration Link Coming Soon!*

The June session will focus on the importance of creating joy through participating in activities with those we care for.  During this time of social isolation, family caregivers have struggled with the lack of meaningful activities while at home. We will discuss ways we can have some fun with very little preparation time or cost. Some ideas include stick figure storytelling, armchair travel, neighborhood scavenger hunts, mindful meditation and more.  There will be opportunities for discussion, emotional support, and personal reflection.

# More about the Caregiver Support Group sessions:

* This pilot or test program hopes to have 25 caregivers attend once a month for a total of four months.
* There will be 4 sessions, one per month, with a fresh topic each month March through June 2021.

**Why a Pilot (test program)?**

* Unpaid family caregiver attendance and opinions are important and will help create future support groups for family caregivers!
* We will ask caregivers to answer a few questions to help us better understand caregiver support needs and opinions. The survey is optional and highly encouraged.