

# Caregiver Support Group

## WHAT:

A Caregiver support group for those providing care to loved ones with age related disorders/diagnosis. It is a safe and confidential place to share experiences, listen, learn, and reflect.

## WHO:

Anyone providing support to an aged love one is welcome to attend at no cost.

## WHERE & WHEN:

Castleton United Methodist Church, located at 7101 N Shadeland Avenue, Indianapolis, IN 46256 (enter main Sanctuary doors – proceed through the narthex - the Library is on the left)

The 2nd and 4th Wednesday of each month from 9:30am to 10:45am

## Why?

This beautiful gift of devotion to another human being, often results in self-neglect. When we can access and honor our own feelings and needs, share similar experiences with others, and discover the lessons along our paths, we return to our loved ones strengthened and replenished.

## Facilitator:

Jan Schreibman, MM, MT-BC is a Board Certified Music

Therapist she can be contacted at:

[janschreibman@att.net](mailto:janschreibman@att.net) or 317-748-4802

For Additional Information:

Call Kathy Pellman(317) 284-0837

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