

# 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 – we meet in the Legacy room, on the left)

The 2nd and 4th Wednesday of each month from 9:30 am to 11:00 am.

The remaining dates for 2020 are:

Sept. 23, 2020

Oct. 14 and 28

Nov. 11 and 25

Dec. 9 and 23

## 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.

## Facilitators:

Rachel Williams, MT-BC

[rwilliams83@hotmail.com](mailto:rwilliams83@hotmail.com) or (812) 779-8428

Jan Schreibman, MM, MT-BC

[janschreibman@gmail.com](mailto:janschreibman@gmail.com) or 317-748-4802

Rachel and Jan are Board-Certified Music Therapists

## For Additional Information:

Call Robin Jackson (317) 284-0837

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