

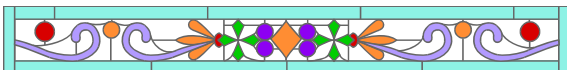
*Come unto me
all you who are weary
and burdened,
and I will give you rest.
Take my yoke upon
you
and learn from me,
for I am gentle and
humble in heart,
and you will find rest
for your souls.*

Matthew 11:28-29
NIV

www.counselingministry.com



Summit Counseling
of First Baptist Church



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SUPPORT GROUP

Led by:
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A ministry of
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What is the Caring for CareGivers Support Group?

Caring for CareGivers is a support fellowship of those caring for aging family members or loved ones with a chronic health problem.

Today, one in four Americans is providing some type of care for a person who has a chronic health condition. Often they need support themselves, since care giving can be physically and emotionally exhausting.

CareGivers support group provides an opportunity for care givers to receive that needed support in an atmosphere of love, trust, and confidentiality.



*Trust in the Lord with all your heart
and lean not on your own understanding; In all your ways acknowledge
Him, and He will make your paths straight.
Psalm 3:5-6 NIV*

Do I Need CareGivers Support Group?

Information provided to care givers in the group includes but is not limited to the following topics:

- Emotional concerns of the care giver
- Legal concerns; advance directives
- Community resources
- Making tough choices
- Insurance/ Medicare/ Medical Issues



Where and When Can I Become Involved?

First Caregivers Lunch FREE

We would be pleased to have you visit our CareGivers Support Group during the 2nd Monday of each month at 11:30am as we share a meal in the Chapel Parlor of First Baptist Church. Please call 601-949-1949 for more information or visit our web site at www.FBCJ.org for directions to our church building.

Present this coupon to the cashier at the lunch line for your complimentary meal .
name: _____

You may pick up your lunch at our church cafeteria and bring it with you to the meeting.

Things for CareGivers to Remember

The one who best understands a care giver is someone who has been one. Find someone and talk.

If you get angry, impatient, shrill or nasty, that is not terrible. The fact that you are so often NOT is what's admirable.

Don't smother the person for whom you're caring. Sometimes less is best.

If something happens to the person you are caring for while you are away, it's not your fault. Things happen.

Don't allow your loved one to manipulate you or make you a target of their anger.

Life is not always fair. Be glad that you're strong enough to be the care GIVER. The alternative is worse.

You don't have to do it alone. Ask for help.

Take care of yourself. A wise old saying goes: "Don't kill the healthy chicken to make soup for the sick one."

If you're feeling unappreciated and overworked, take some time for yourself.