



A Poetry Therapy Group for Caregivers

- What:** A caregiver is someone who provides care to a person in their family, a loved one, or someone in the community. Caregivers contribute so much to helping others, yet often their own emotional and mental health needs are left unchecked. This group is intended to help caregivers refill their own stores to better serve the people in their care. Poetry therapy is a gentle way for caregivers to express their emotions using guided poetry exercises, share with other caregivers, and heal.
- Who:** Anyone who lives in Idaho and cares for someone else. Examples include a spouse caring for their loved one with a chronic health condition like dementia, cancer, or diabetes; a parent caring for their child with a disability, or an adult child that provides support for their parent.
- When:** 2:30 to 4 p.m. Tuesdays, July 6 to August 10, 2021 (six weeks)
- Where:** Online through The Counseling Center at Tree City Church's secure telehealth platform. Requirements: a computer, laptop or tablet with a camera and microphone; stable internet or broadband; a notepad and pen.
- Cost:** \$120 - Early Bird Registration by June 25, 2021
\$150 - Registration after June 25, 2021, space permitting
Registration is limited. Reserve your spot by calling (208) 378-0014. Payment is due at time of registration.

This program is facilitated by Monique Barber, MS, LPC, NCC, with Stan Armstrong, Master's Counseling Intern.