THE COUNSELING CENTER | TREE CITY CHURCH OF THE NAZARENE

Free Virtual Support 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 support group is intended to help caregivers replenish their own stores of energy/vitality, to better serve the people in their care. Supervised, Master's level interns will provide information each week on self-care, resources on mental health, and more.

Who

Anyone who lives in Idaho and cares (or cared) 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

6 to 7:30 p.m. Wednesdays, Sept. 15 to Nov. 17, 2021 (10 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; and stable internet or broadband.

Cost

Free, but registration is required and is limited to 12 people. Reserve your spot by calling (208) 378-0014.

This program is facilitated by Stan Armstrong and Savannah Garber, Supervised Master's Counseling Practicum/Interns.