

Caregiver Support Group



Many caregivers have found that talking to other people who are also caregivers, and can understand their experiences and feelings about care giving, can be an extremely powerful method of coping. Support groups can provide an opportunity for people with common experiences and problems to give emotional support to one another, as well as to share information and to learn skills from each other. One of the main benefits of a support group is that it helps caregivers to see that they are not alone in their experience, as others are having some very similar experiences. This can make it easier to continue to do what it takes to care for their loved one.

The group will be held the second Thursday of each month at 6:00 p.m. at First United Methodist Church of Dothan in room 2132.

If you have any questions please contact Terri Francis by emailing her at terri@fumcdothan.org or calling her at 793-3555 x 221. The group facilitator will be Ms. Angie Berry from Home Instead.