



Farmington Caregiver Support Group

New!

2015



2016

CAREGIVING

Providing care to an older loved one can be extremely rewarding and life-affirming. It can also be challenging and contribute to social isolation, poor health, and feelings of burden and guilt. Fortunately, caregivers are not alone and can draw a lot of strength from each other. That is where we come in.

OUR MISSION

Our mission is to enhance the well-being of caregivers assisting older adults by delivering a supportive and confidential environment in which they can:

- Socialize and share a meal
- Be heard and understood by other caregivers
- Problem solve and discover resources
- Learn to better care for themselves and their loved ones

WHAT WE DO

We offer **FREE** caregiver support group meetings. Each meeting includes a light meal and a facilitated group discussion. Many are topic-focused around guest speakers. Here are the essentials:

Day: 2nd Thursday of the month October 2015–May 2016

Time: 5:30–7:00 PM with a light meal served at 5:00 PM

Place: Trinity Terrace
3330 213th Street West
Farmington, MN 55024

Topics: See our webpage for upcoming topics and speakers

WHO CAN ATTEND

Meetings are open to Farmington area residents who provide regular care to aging family members or friends. As space may be limited at times, we ask caregivers to R.S.V.P. prior to attending.



Our support group meetings are held at Trinity Terrace in Farmington, located just east of Ace Hardware and Trinity Care Center on 213th Street West.

2015–2016 SCHEDULE

October 8, 2015	February 11, 2016
November 12, 2015	March 10, 2016
December 10, 2015	April 14, 2016
January 14, 2016	May 12, 2016

R.S.V.P.

If you would like to join us for a meeting, R.S.V.P. at least one day in advance by calling Dottie Knutson at (651) 463-5224 or emailing us at farmingtonCSG@gmail.com.

ABOUT US

We originated as an idea first discussed among members of the Church of St. Michael in November 2014. Thanks to the immediate support and encouragement of staff at Trinity Care Center, the idea quickly became a reality. Our planning committee is now an independent group of volunteers drawn from multiple churches and organizations across Farmington. Ken Nelson, our Lead Facilitator, anticipates graduating from the nursing program at Normandale Community College in December 2015 and has been trained as a support group facilitator by the Alzheimer's Association.

CONTACT US

To learn more, R.S.V.P. for a meeting, or print additional copies of this brochure, please call, email, or visit us on the web.

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