

# Caregivers Support Group

## Family of Four Parishes

Old St. Mary, Our Lady of Divine Providence, SS Peter & Paul, and Three Holy Women Parishes

Held on the First Saturday of the Month

Old St. Mary's Parish Center - 835 N. Milwaukee St.

8 AM—10 AM

August 14, 2021 (2nd Sat.)	Sept. 11, 2021 (2nd Sat.)	October 2, 2021
November 6, 2021	December 4, 2021	NO January 2022
February 5, 2022	March 5, 2022	April 2, 2022
May 7, 2022	June/July No Meeting	August 6, 2022

Caregivers find support groups helpful because it allows them the opportunity to share their experiences, exchange information, and point each other toward organizations that have been particularly helpful. Support groups also encourage caregivers to care for themselves and develop an understanding it is not selfish to attend to their own needs.



Questions? Contact Terri Balash, Director of Pastoral Care, at 414-469-6173.