



# Caregiver Support Groups

## 1st Monday of the month

6:00-7:30 pm  
First Presbyterian Church, 314 Xenia Ave, Yellow Springs

## 1st Wednesday of the month

11:30-1:00 pm  
Greene County Council on Aging, 1195 W. Second St, Xenia

## 2nd & 4th Tuesdays of the month

9:30 am to 11:00am  
Peace Lutheran Church  
3530 Dayton-Xenia Road, Beaver Creek  
Lower level - enter through awning covered door

*What is a support group?* It is a gathering of people facing a common issue to share experiences, offer support, encouragement, and comfort to the other group members, and receive the same in return.

When you're going through a difficult time, family members and friends may sympathize, but they don't always know what to say or the best ways to help. And the primary focus of health care professionals is always medical. The best medicine can often be the voice of people who have walked in your shoes.

The Greene County Council on Aging facilitates a Caregivers Support Group that is open to individuals caring for an older loved one, friend or neighbor. Please join us to share your stories, your successes, and your challenges. Learn from others and provide invaluable support to other caregivers.

For more information on this support group, services and resources for caregivers and seniors, please contact the Council at 937-376-5486 or [YourFriends@gcco.org](mailto:YourFriends@gcco.org)

