

NEED A LIFT from Caregiving?

- * Are you an adult family caregiver caring for a spouse, a parent, a child, other relative, or a friend who is living with any diagnosis?**
- * Do you want to connect with other family caregivers?**
- * Would you like to learn how others are managing their caregiving role?**
- * Do you seek a safe space (no judgment) to talk about your caregiving experience?**



One in four Idahoans is a family caregiver caring for a loved one who is living with a medical, developmental, intellectual, neurological, physical, behavioral or mental condition. The caregiver's role can be rewarding and many caregivers state that they wouldn't have it any other way. At the same time, the many tasks and responsibilities that go along with caregiving can be quite daunting. These responsibilities can leave caregivers feeling overwhelmed, stuck, grieving, sad, isolated, burned out and lonely, to name a few of the emotions reported by family caregivers.

Our no-cost, in-person support groups are being established throughout the Treasure Valley.

**Join us on the third Tuesday of the month from 2:00 - 3:00 p.m.
at the NORCO Building, 1303 S. Silverstone Way, Meridian (off of I-84).**

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**Family Support and Training, LLC
Providing Support for Family Caregivers**