

Are You A Caregiver of An Adult Family Member?



Do you regularly:

Make phone calls to check on a loved one?

Drive an adult family member to and from doctor appointments?

Feel “caught in the middle” of raising your children and taking care of your aging parent or an adult relative with disabilities?

Provide hands on care, such as bathing, dressing, or assistance with eating?

Make or help make healthcare or financial decisions for someone?

If you answered YES to one or more of these questions, then you are a caregiver. **You are not alone.**

Most people who provide care for an adult family member do not think of themselves as a caregiver.



You are invited to join other caregivers for conversation and coffee.

This is your chance to meet other family caregivers and share your joys, struggles and experiences as caregivers.

The Zion Gathering group will meet the 2nd & 4th Thursdays of the month from 10am-11:30am. The first Gathering is on Thursday, June 11th.

Zion Lutheran Church is located at 1601 4th Avenue in Anoka. Please contact Jill at 763-422-6960 for more information.

