



## Caregiver Conversations

Groups meet at various locations and foster supportive conversations, allow you to share experiences, meet other caregivers, and ask questions. Led by a professional.

### SourcePoint, 800 Cheshire Road, Delaware:

- Tuesday, April 11, 10–11 a.m. or 6–7 p.m.
- Tuesday, May 9, 10–11 a.m. or 6–7 p.m.
- Tuesday, June 13, 10–11 a.m. or 6–7 p.m.

### Community Library, 44 Burrer Dr., Sunbury:

- Thursday, April 20, 5:30–6:30 p.m.
- Thursday, May 18, 5:30–6:30 p.m.
- Thursday, June 15, 5:30–6:30 p.m.

### Online:

- Thursday, April 20, noon–1 p.m.
- Tuesday, April 25, 10–11 a.m.
- Thursday, May 18, noon–1 p.m.
- Tuesday, May 23, 10–11 a.m.
- Thursday, June 15, noon–1 p.m.
- Tuesday, June 27, 10–11 a.m.

## Caregiver Family Meetings

**Mondays, Wednesdays, and Fridays, 10 a.m.–4 p.m., online or in-person by appointment.**

Family dynamics play a complex role in caregiving. Carving out time for a purposeful conversation between the person with care needs and those shouldering responsibilities has been shown to create positive outcomes. We can help facilitate these needed yet often difficult conversations. Schedule a time to help assess time and resources, temper expectations, and equitably delegate tasks. Ask customer service for Brian Fox, call 740-203-2399, or email [bfox@MySourcePoint.org](mailto:bfox@MySourcePoint.org).

Register at [MySourcePoint.org/caregiver](https://MySourcePoint.org/caregiver)  
or call 740-363-6677.



## Caregivers from the ♥

Living with the demands of caring for a loved one, this peer-led group seeks to provide encouragement and support for one another.

### SourcePoint, 800 Cheshire Road, Delaware:

- Mondays, April 3 and 17, 9–10 a.m.
- Mondays, May 1 and 15, 9–10 a.m.
- Mondays, June 5 and 19, 9–10 a.m.

## Caregiver Drop-in Hours

**Mondays, Wednesdays, and Fridays, 10 a.m.–4 p.m.**

Stop by or call for a private, one-on-one, confidential discussion with a caregiver support professional. Ask customer service for Brian Fox or call 740-203-2399.

## Alzheimer's Association

Meet with an Alzheimer's Association care consultant to help address the issues that arise from dementias at every stage. To schedule an appointment, email [hladams@alz.org](mailto:hladams@alz.org) or call 614-643-2137.

### SourcePoint, 800 Cheshire Road, Delaware:

- Thursday, April 6, 10 a.m.–2 p.m.
- Tuesday, April 18, 10 a.m.–2 p.m.
- Thursday, May 4, 10 a.m.–2 p.m.
- Tuesday, May 16, 9–11 a.m.
- Thursday, June 1, 10 a.m.–2 p.m.
- Tuesday, June 20, 10 a.m.–2 p.m.

## Alzheimer's Mini-Series

### SourcePoint, 800 Cheshire Road, Delaware:

- Tuesday, April 11, 11 a.m.–1 p.m.: Managing Money: A Caregiver's Guide to Finances.
- Tuesday, May 9, 11 a.m.–noon: 10 Warning Signs of Alzheimer's Disease.