



DYNAMIC SUPPORT GROUPS

SourcePoint promotes a variety of support groups tailored to meet your needs, ensuring you find the right community for your journey.

Alzheimer's Association Caregiver Support

If someone you know is living with Alzheimer's or another form of dementia, there is something you can do to help them and yourself. Plan to visit an Alzheimer's Association Caregiver Support Group. Support groups meet monthly to provide caregivers with an opportunity to share their experiences and receive support from others coping with Alzheimer's disease. Find virtual and in-person groups at alz.org/events.

Care, Share, and Connect

We experience different losses in life—loved ones, pets, to things or illnesses in our everyday lives. Come share or listen as topics are discussed.

Caregiver Conversations

This group fosters supportive conversations, allows you to share experiences, meet other caregivers, discover new resources, and ask questions.

Caregivers from the Heart

Living with the demands of caring for our loved ones, we are a peer-led group seeking to provide encouragement and support for each other. We value actively listening to each other as we learn about the phases and stages of our care receivers' health conditions.

Grandparents as Parents Monthly Meetup

Join this casual group of older adults, holding space for other grandparents acting as second-time parents. This group aims to support one

another through shared life experience as well as help individuals get connected with resources in their communities.

Grief Support: Living Beyond Loss

Provides dynamic support for those dealing with loss and empowers members to steer the conversation. Rediscover yourself, regain a sense of identity, and build your support system.

NAMI Family Support Group

A peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences. NAMI's support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need. Offered by National Alliance of Mental Illness Mid-Ohio. For more information, go to namimidohio.org.

Parkinson's Support: Speech Therapy

A Speech Language Pathologist from Delaware Speech & Hearing Center helps those with Parkinson's learn to speak louder and clearer. Participants are also welcome to discuss topics related to living with Parkinson's.

For more information on any of the above groups, contact the caregiver program coordinator at caregiver@MySourcePoint.org or 740-203-2399.