

Good afternoon,

Thanks to everyone for the thoughtful feedback you provided regarding the caregiver groups.

Starting in January, we will meet every Tuesday of the month from 2pm-3:30pm. The contemplative practice sessions will continue to be on the last Tuesday of the month. This decision was made based on several factors including your feedback, the meeting times of other community support groups, and the demands on my schedule. Groups will continue to open with a short time of silence. We will also start to close groups with a short practice. The intention is to create a container around content and have less of an abrupt ending. This group is meant to be a place to find support, perspective, and a sense of connection.

A note regarding the individual counseling sessions. These sessions are available to caregivers and are supported through grant funding. I was reminded recently that the sessions are not met to serve as consistent long-term counseling. Instead, they are met to support individuals during times of transition, crisis, and hardship. It can be tricky for all of us to understand what this means, as needs can ebb and flow. I approach it from a public health perspective, trying to achieve the greatest good for the greatest number. Please, never hesitate to reach out and we can navigate any confusion together.

Lastly, for those who are not aware, here are the times of some of the other groups that meet in the area.

- Dementia Warriors meets on the 2nd and 4th Wednesday of each month, from 2:30-4pm.
- Community Center Support group on the 2nd Tuesday of each month, from 1:30-3pm
- Caregiver Connections, a drop-in support group that meets at Lumina every second Tuesday and Thursday of the month, from 10:30 am to 12 pm

Warmly,
Erin

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