



# CAREGIVER SUPPORT

Caring for a spouse, family member or friend can be a rewarding experience. It can also become physically and emotionally exhausting. By taking care of yourself and finding the support you need, you will be able to provide better and longer care for your loved one at home. VINE can help.



## Caregiver Support Groups

An opportunity to share the joys and challenges of caregiving with others in similar situations. Groups are facilitated by VINE's professional staff.

Donations are appreciated.

### **Rural Support Group**

- 1st Tuesday of the month
- 2:30 – 4 pm
- St. Teresa Catholic Church, Mapleton

### **Mankato Support Group**

- 2nd & 4th Wednesday of the month
- 1:30 – 3 PM
- VINE Adult Community Center

### **LGBT Caregivers Support Group**

- 2nd Tuesday of the month
- 4 – 5 PM
- VINE Adult Community Center

## Individual Coaching

Trained caregiver coaches are available to meet you in-person at VINE or in your home. This one-on-one coaching provides the opportunity for you to address specific needs in your caregiving situation and set some personal goals for better self-care. VINE's coaches can also meet with families to share resources and facilitate discussion and decisions.

We invite donations for coaching sessions.

## Powerful Tools for Caregivers

Each year in the fall and spring VINE's certified trainers facilitate a six-week series for caregivers addressing these topics and more: communication, identifying signs and sources of caregiver stress, dealing with anger, guilt and depression, and the benefits of making an action plan.