

I have the right to ...

- take care of myself without feeling guilty;
- all my feelings as a caregiver, from joy to anger and frustration;
- seek and accept help;
- set limits;
- continue being an individual as well as a caregiver;
- not be perfect;
- be treated with respect, appreciation, and consideration;
- feel good about my courage and my accomplishments as a caregiver; and
- find support.



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How do I register for the next available group or what if I have questions?

Call the Idylwyld Centre Community Services Main Office at
306-655-3400.



CS-PIER-0192



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Caregiver Support Group
Community Services
Idylwyld Centre
103 - 310 Idylwyld Drive North
Saskatoon, SK S7L 0Z2
P: 306-655-3400 | F: 306-655-3430



[saskhealthauthority.ca](https://www.saskhealthauthority.ca)

Healthy People, Healthy Saskatchewan



Caregiver Support Group



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306-655-3400

Area: Saskatoon
NOVEMBER 2024



CS-PIER-0192

Who can benefit from this group?

This group is aimed at caregivers who are providing emotional support and/or practical assistance to an adult family member or friend who is living with a differing ability or chronic illness.

The care receiver may or may not live with the caregiver.

Is there a cost?

There is no fee to participate.

What are the facilitator qualifications?

Facilitators are community medical social workers who are registered members of the Saskatchewan Association of Social Workers (SASW) and have graduated from a university social work program at either a Bachelor's (B.S.W) or Master's (M.S.W) level.

What can I expect?

- This group provides information on topics relevant to caregiving.
- A safe atmosphere to share ideas and concerns without judgment.
- Small group size - approximately 10 participants.
- The opportunity to meet with other people who understand the caregiving experience.
- A chance to reduce the sense of isolation you may be feeling.
- The opportunity to receive support and understanding.
- The opportunity to provide support to others.



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What are the topics ?

- Caregiver emotions
 - ⇒ guilt
 - ⇒ anger
 - ⇒ grief
 - ⇒ loss
 - ⇒ frustration
 - ⇒ fear
 - ⇒ helplessness
 - ⇒ hopelessness
 - ⇒ overwhelmed
 - ⇒ isolation
 - ⇒ anxiety
- Self care
 - ⇒ stress management
 - ⇒ relaxation
 - ⇒ coping with burnout
- Assertiveness skills
- Relationship dynamics
- Communication strategies
- Future planning and resources