



# CarePointe

## GETTING STARTED

### • WHAT TO EXPECT

Enjoy a comfortable place to meet caregivers who are facing similar challenges.

Learn more about the diseases and share experiences, challenges and successes.

Help relieve the stress of providing care to your loved one.

### • MEETING DATE/TIME

**When:** Last Saturday of every month from 1:00 - 2:30 p.m.

**Where:** The Pointe, the new meeting and gathering place at Our Lady Star of the Sea Catholic Church, Grosse Pointe Woods.

### • WHO CAN ATTEND

Participation is open to everyone; the group is not limited to Catholics.

### • HOW TO ATTEND

Please call or email the parish so we can plan the space accordingly. But walk-ins are always welcome.

## SUPPORT GROUP FOR FAMILY AND FRIENDS OF LOVED ONES WITH MENTAL ILLNESS

Dear Friend,

We invite you to CarePointe, a support group for people caring for loved ones suffering from Alzheimer's disease or other forms of dementia, confusion or memory loss. The group meets on the last Saturday of every month at Our Lady Star of the Sea Catholic Church in Grosse Pointe Woods.

The group is a place for caregivers to meet with other caregivers who are facing similar challenges, to learn more about the diseases, to share their experiences about what works and what doesn't, and to deal with the stress of providing care to your loved one.

If you are a caregiver, we invite you to attend to see if this group is for you. If you know someone who is a caregiver, please make them aware of this group and give them the contact information.

If you are interested in attending, please call or email the parish, so we have an idea of how much space we will need. But even if you don't call, and decide at the last minute that you would like to attend, please come.

Sponsored by  
AMen Fellowship

Our Lady Star of the Sea Catholic Church

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