

Common Ground

Caregiver Conversations

Do you assist a family member or friend with daily tasks? Are your family member's or friend's needs likely to increase?

Are you wondering:

- How am I going to meet these challenges?
- How and where do I get information and help?
- Am I the only one in this situation or are there others with whom to talk and learn as we make our similar journeys?

If you answer YES to any of these questions, **Common Ground** is for you. **Common Ground** is a place and time for caregivers like you to meet, talk, share, learn, and receive the support needed to take care of yourselves so you can provide the best care possible to a family member or friend.

**Join us for conversation
and coffee!**



Common Ground is a free caregiver assistance program of Interfaith CarePartners® in cooperation with partner congregations in greater Houston. Groups are available for caregivers of persons with dementia and caregivers for persons with other diagnoses and conditions.

To locate **Common Ground** in your neighborhood or to learn more about this resource, contact Interfaith CarePartners®.

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