

Caregiver Support Group



You Are Not Alone!

Caring for a loved one can be rewarding, but it also comes with challenges. This peer-led support group is a safe and welcoming space for caregivers to:

- share their experiences
- gain insights
- find encouragement from others who truly understand

This group offers an open forum for connection, advice, and emotional support. Whether you're caring for a parent, spouse, child, or friend, this is your opportunity to recharge, reflect, and build a network of support. All caregivers are welcome. Join us to find community and strength during your caregiving journey.

 **3rd Wednesday of the Month**  **1:00 - 2:00 pm**

 **Oak Grove Christian Retirement Village - 221 West Division Rd, DeMotte**

You don't have to navigate caregiving alone—let's do this together.

For More Information contact: **Katie Zromkoski (219) 983-2687 or kzromkoski@vnanwi.org**
or **La-Zann Yana at (219) 987-7005 or la-zann.yana@oakgrovecrv.org**

Katie is a board certified Occupational Therapist and Hospice Volunteer dedicated to improving end-of-life care for both patients and their families.

Oak Grove 
Christian Retirement Village
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ACCREDITED

VNA Hospice NWI is an
ACHC accredited program.

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VNA Hospice NWI is a proud partner in
the National We Honor Veterans Program.

www.vnanwi.org