



WORK/LIFE & EMPLOYEE ASSISTANCE PROGRAM
(EAP) PRESENTS:



Caregivers

A SUPPORT GROUP

Facilitated by
**Kristin Goodwin, Social Work Intern,
Employee Assistance Program**

Join other caregivers in an understanding and supportive setting. This group is designed for individuals who care for partners, spouses, friends or relatives with a chronic illness. The group will address the challenge of balancing self-care with caring for another person. In addition to support, you will gain valuable information and resources addressing some of the following topics:

- Family conflicts
- Power of Attorney/guardianship issues
- Insurance issues
- Workplace support and understanding
- Spirituality as a coping mechanism
- Adjusting to illness and associated losses
- Making the most of medical appointments
- Talking to children about the illness of their loved one
- Sex issues and partner communication

Mondays, November 9 through December 14, 2009

Noon to 1:15 p.m.

Texas Union, Board of Directors Room, UNB 4.118

Registration Required

For registration enroll at: <https://utdirect.utexas.edu/txclass/index.WBX> Group PN 13

For information: eap@austin.utexas.edu or 512-471-3366

Work/Life & EAP

Providing personal and manager counseling services to identify work/life challenges facing university faculty and staff and implementing strategies and interventions to address those challenges.

<http://www.utexas.edu/hr/eap>

512-471-3366

Please post in your work area/where appropriate