



COME JOIN US FOR
MONTHLY CAREGIVER SUPPORT GROUPS
AT HOPE GROWS

LOCATION: 183 SHAFER ROAD, MOON TOWNSHIP, PA 15108

**THE UGLY TRUTH OF CAREGIVING – MORNING TEA – 2ND THURSDAY
OF THE MONTH (9:30AM-11:00AM)**

Life as a caregiver can be quite isolating with little time left for yourself let alone friends. This group is for those who want to share their story and process their emotions in a safe space. Join us as the Hope Grows facilitator guides us in conversation and empowers community support.

**GRANDPARENT(ING) 2.0 – 3RD THURSDAY OF THE MONTH (9:30-
11:00AM)**

Are you helping, supporting, and/or providing care for a grandchild? Join our facilitated support group for grandparents who are caring for their grandchildren. This group will allow for those who are helping to raise their grandchildren a place to share, exchange idea, and learn from one another.

To learn more, visit <https://hopegrows.net/events>

**For Inquires and RSVP, please contact Hope Grows at
info@hopegrows.net or 412-369-4673**