

## **Caring for the Caregiver**

This is a group for parents of children with medically complex needs. It is for parents that constantly fight to find meaning in their daily struggle. Whether it is managing multiple appointments, constantly advocating for services, or always being the expert, the reality is that parents with a child with complex medical needs may never fully escape the demands placed on them. This isn't to say there is no reprieve, or it is not rewarding, but sometimes you may forget there is another way to tell your story.

We will be exploring this topic by drawing a tree which represents your lives. The tree you create will be your introduction to other families, and maybe to yourself. We hope to develop meaning from your experiences and tell a story of resilience. We want this to be a safe place to share and tell stories which honor your knowledge, values, and skills. Caring for the Caregiver is designed to look at the relationships you have now, as well as the relationships that helped shape who you have become.