

# **Life After Diagnosis: Coping with Life-Threatening Illness**

*Are you living with a terminal or potentially terminal diagnosis?*

*Are you caring for someone like that?*

***The Caregiver Resource Center offers support groups to help you.***

Support Group One

**Coping with Life-Threatening Illness**

**Leader: Stephen K. Boyd, LPC-I**

This group is based on the assumption that striving to live and preparing to die are not mutually incompatible activities, and that coming to terms with deteriorating capacities and the possibility of an end of life is not only do-able but offers huge opportunities for a fuller life, no matter what its length may be. The purpose of this group is to bring together people coping with life-threatening illness so that they can find support and guidance in their shared experience.

Support Group Two

**Living with Impending Loss – A Support Group for the Caregiver**

**Leader: Nancy McDow, LMSW-ACP; Co-Leader: Matt Blackstock, M.D.**

The purpose of this group is to provide an atmosphere of compassion, exploration, and mutual support as caregivers struggle with the contradictory roles of being strong for their loved one while dealing with their own losses.

**Each Group is 6 Sessions**

**Mondays, February 6 – March 13**

**6:30 – 8:00 PM**

**AGE Building, 3710 Cedar Street, Austin, TX 78705**

***Pre-Registration Required***

**Contact the Caregiver Resource Center**

**(512) 451-4611 or [echurch@ageofaustin.org](mailto:echurch@ageofaustin.org)**



The Caregivers Resource Center offers education, information, referral and support for people who provide care to an aging or disabled adult. We also operate a durable medical equipment lending closet. We are a program of Austin Groups for the Elderly, a not-for-profit organization that serves caregivers, the elderly and their families in Central Texas.

**Learn more about us online at [www.ageofaustin.org](http://www.ageofaustin.org).**