



# Regroup: A Caregivers Self-Care Group

## Wednesdays at 4:00PM

*“Some of the most comforting words in the universe are ‘me too.’ That moment when you find out that your struggle is also someone else’s struggle, that you’re not alone, and that others have been down the same road.” – Anonymous*

Caregivers of current Ranken Jordan inpatients are invited to join Rachael Juehring, PhD and Megan Cassani, CCLS every Wednesday at 4:00PM for a caregiver self-care group. This is a safe and confidential small group setting where issues and challenges of a caregiver are shared and discussed. Topics may include coping with your child’s diagnosis or medical needs, being away from friends and family, changes in your child’s physical status, developing coping skills, and other areas that are introduced by group members.

Benefits of groups include developing a support network, putting problems into perspective, discovering new coping strategies, promoting resiliency, finding your voice, making rewarding social connections, and helping to support each other.

Please contact Rachael Juehring, PhD, Psychologist, or Megan Cassani, CCLS with any questions or to participate.

Please meet in front of the staircase by the rock climbing wall a few minutes before 4pm.

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