



services are offered in a hospice setting. However, sessions are designed to benefit *all* care-givers, including those who care for loved ones with chronic illnesses.

### **How Often Will We Meet?**

Each session lasts for an hour and a half, scheduled from 6:00-7:30 p.m. Sessions will be held at:

**GP Bridges Therapy and Continuing Education  
8807 Thornton, Suite M  
Stockton, California 95209  
(North of Hammer Lane).**

*Please note: Individual sessions may also be scheduled in addition to group sessions*

### **When Is The First Session Scheduled?**

The first set of sessions will begin on Tuesday, September 24. Please call for dates on sessions that will begin after January 1, 2014.

### **What Will Be Covered In Sessions?**

Each week, a different topic will be addressed, including content from the workbook (provided):

- Understanding how you deal with stress based upon your unique character traits
- The stages of emotional reaction to chronic or terminal illness

- Different types of distorted thinking that occurs when people are under stress and how these thoughts increase feelings of stress.
- Finding balance in the four areas of life: Emotional, physical, spiritual, and social
- Facing control issues and understanding limitations
- Developing a sense of self in facing life's difficult choices

### **What Can I Expect?**

- Participation in a small group setting with a warm, supportive atmosphere.
- Weekly session content that includes “take away” information provided in the workbook which is designed to help you learn critical skills for self-care. These skills will be valuable throughout your life.

### **What Is The Cost?**

Your insurance may pay for sessions. If you do not have insurance\*, the cost is \$25.00 per session. We accept most insurance plans, cash, checks, credit and debit cards. *\*Some insurance companies require a co-pay or have out of pocket amounts that must be satisfied before sessions can be billed.*

**D**o you find yourself frustrated, angry, or feeling guilty at times because of overwhelming emotions? Does it seem as though life is out of control? These can be symptoms of “caregiver burnout” and may indicate that it is time to take care of yourself, to understand what is happening, and to give yourself permission to put balance back into your life.

Caring for an ill loved one is challenging, not only physically, but also emotionally. Because we understand the demands you face on a daily basis, GP Bridges has developed an eight week program designed specifically for caregivers. Sessions are open to friends or family who regularly provide care to loved ones and also serves to bridge the gap between the time you become a caregiver and when



### About GP Bridges

GP Bridges Therapy and Continuing Education is locally owned and operated by husband and wife, Garland and Paula Smith. Garland and Paula are Stockton residents who have a commitment to serve the community in which they live.

Garland Smith is a licensed Marriage and Family Therapist with over 20 years of therapy experience, including personal, couples, addiction, CPS, Victim Witness and mandated offender therapy treatment. Paula Smith has Masters' in both Education and in Psychology with an emphasis on Marriage and Family Therapy. She has worked in nonprofit agencies and has experience in Grief and Loss Counseling, Victim Witness, CPS, mandated therapy, and individual counseling.

Garland and Paula have co-authored *The Journey From Here to There: A Self Improvement Workbook* designed for use in offender treatment and *Change Begins With Honesty*; a workbook dealing with addiction.

### How Can I Get More Information?

(916) 541-0313 – Garland Smith  
(209) 604-5437 – Paula Smith

Email: [gdpbridges@gmail.com](mailto:gdpbridges@gmail.com)

Website: [www.gpbridges.com](http://www.gpbridges.com)

*Please register prior to the first session. Due to the small group focus, seating is limited.*

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### GP Bridges Therapy and Continuing Education

8807 Thornton, Suite M  
Stockton, CA 95209

Business License: 14-00107526  
Continuing Education Provider #4741  
LMFT License: 38289

*"Building Bridges Across Relationship Barriers."*

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[www.gpbridges.com](http://www.gpbridges.com)



# Self-Care for the Care Giver

An Eight Week Program of Support and Discovery

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Stockton, CA 95209

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