

# caringkind chronicles

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Episode 5 Previous episodes: [caringkindnyc.org/comic](http://caringkindnyc.org/comic)

CRISTINA



Mom

ROBERT



Dad

ANGIE



Daughter

MICHAEL



Son

ESTELLA



Grandmother



LATER, TINA SHARES HER EXPERIENCE WITH HER CAREGIVER SUPPORT GROUP.



Support Groups provide a comfortable place to discuss caregiving challenges, share your feelings, and find emotional support. Talking with people who understand helps you feel less alone. To learn more, call 646-744-2900, or go to [caringkindnyc.org/SupportGroups](http://caringkindnyc.org/SupportGroups).

[caringkindnyc.org](http://caringkindnyc.org)