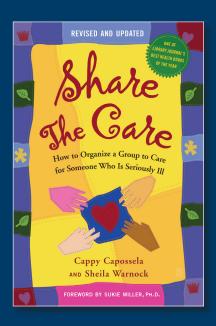


- Sharing responsibility is key to not burning out.
 - Know your limits and stick to them.
 - It won't work unless everyone gains something personally.
 - There's no one right way to do it.
 - Anyone who wants to help should be encouraged.
- Trust the group; support each other.
 - Keep your own life in good working order.

YOU DON'T HAVE TO DO IT ALONE.

Share The Care™ is a proven system that can organize your friends, your neighbors, your faith community, your co-workers—anyone you can imagine—into a network of support.



Give your friends the gift of letting them help you.

Find us on Facebook (Share The Care) or follow us on Twitter @sharethecareorg

ShareTheCaregiving, Inc. c/o National Center for Civic Innovation. For information, resources and support:

www.sharethecare.org info@sharethecare.org 212-991-9688

