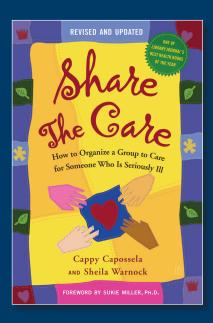


- Sharing responsibility is key to not burning out.
  - 2 Know your limits and stick to them.
  - It won't work unless everyone gains something personally.
    - There's no one right way to do it.
    - Anyone who wants to help should be encouraged.
- Trust the group; support each other.
  - Keep your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

## YOU DON'T HAVE TO DO IT ALONE.

Share The Care<sup>™</sup> 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

