

FINDING YOUR MIGHTY CAREGIVERS

Bingo Conversations

Start in the free space. Choose a question to reflect on or discuss with someone you trust. Mark an X after each conversation. Skip any question that does not fit. Go at your own pace.

B	I	N	G	O
Who listens to you without judging?	Who makes you feel comfortable asking for help?	Who brings a little joy to your day?	Who checks on how YOU are doing?	Who understands part of your caregiving journey?
Who could you call when you need to talk?	Who has a gift or skill that could help you?	Who helps you feel less alone?	Who might enjoy taking a walk with you?	Who could help with one everyday task?
Who respects your choices and boundaries?	Who helps you notice your own strengths?	FREE SPACE Start here: Visit Mighty Caregivers edgeumc.com/mightycaregivers	Who could help you find a useful resource?	Who would you like to get to know better?
Who could share a meal or a cup of coffee with you?	Who encourages you to make time for yourself?	Who could you ask for one specific favor?	Who offers comfort through faith or shared values?	Who might understand a challenge you are facing?
Who has helped you before? How could you thank them?	What kind of support would you like to find?	Who might be willing to check in with you regularly?	Who could you reach out to this week?	Who would you like to introduce to Mighty Caregivers?

Mighty Caregivers • Seen, Heard, Encouraged, and Connected