

Reflection #10

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1-Discuss the benefits of a support group for caregivers.

Overall, a supportive environment for caregivers is essential. From a parent to a caregiver of either a nonbiological child, to a younger sibling, or even a parent, caregiving is physically, emotionally, and time-demanding. That is why a support group is necessary. "A support group is a gathering of people facing common issues to share what's troubling them." (helpguide.org). Where ever the group setting may be held, the matter is that caregivers can come to bring in their struggles and needs to the group and that the leader of somewhat can give a solution. I am assuming a social group is not just existing to just have people come and vent to be relatable. Instead, provide actual help to professionals by giving tools and resources to educate on.

2-Identify and discuss the four major social roles of women in American society.

- Wife
- Mother
- Employee
- Homemaker

America's culture of wanting women's role to be a wife, mothers, employees, and a "homemaker" is quite interesting. I the first three I agree with, but as the fourth, I wonder what that means and how the different types of feminism would respond to all four of these roles.

Resources:

<https://www.helpguide.org/articles/therapy-medication/support-groups.htm#:~:text=A%20support%20group%20is%20a,receive%20the%20same%20in%20return.>