



WHEN:

2nd & 4th Wednesday

TIME:

6:30 PM - 7:30 PM

WHERE:

Virtual

THE PURPOSE OF THIS SUPPORT GROUP IS TO:

- provide general emotional support and resources for family caregivers
- hear about different caregiving situations
- address experiences of high stress
- understand the risk of caregiver burnout

Support groups provide a safe, non-judgmental environment in which caregivers can talk openly with each other about their feelings, experiences, issues, and concerns. A group is an opportunity to connect with other caregivers in a similar situation. A support group can offer resources and education related to your circumstances, easing your way on your caregiving journey.

**PLEASE CONTACT US BY PHONE OR EMAIL
IF YOU'RE INTERESTED IN CONNECTING.**



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www.caregiveroc.org