



WHEN:

2nd & 4th Monday

TIME:

1:30 PM - 2:30 PM

WHERE:

Zoom

This support group is for caregivers who are providing care for a loved one who is living in a care facility.

THE PURPOSE OF THIS SUPPORT GROUP IS TO:

- Provide emotional support for family caregivers with loved ones in care facilities
- Discuss issues related to role changes and provide coping strategies for managing feeling of guilt
- Discuss common concerns and issues that occur in care facilities
- Provide needed resources and information to ease caregivers' anxiety in addressing common issues in care facilities

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.**



800-543-8312



Peter.Nguyen@stjoe.org



www.caregiveroc.org