



**WHEN:**

2nd & 4th Wednesday

**TIME:**

4:00 PM - 5:00 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.*

***This caregiver support group focuses on individuals who are caring for a significant other, including spouses, domestic partners, and other relationships.***

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



**800-543-8312**



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[www.caregiveroc.org](http://www.caregiveroc.org)