

CAREGIVER SUPPORT GROUP

Join us to discuss issues, challenges, and concerns that caregivers may face. This group is an informal, and welcoming group which provides dialogue along with peer support. Participants will be able to reflect and connect with others in a similar situation.

SUPPORT GROUP TOPICS:

- November 1, 2024 - Caregiving During the Holidays
- December 2, 2024 - Importance of Self-Care
- January 6, 2025* - Setting Healthy Boundaries
- February 3, 2025 - Understanding Grief and Loss
- March 3, 2025 - Caregiver Burnout Compassion Fatigue

DATE:

First Monday of the month.

TIME:

12:00 p.m. - 1:00 p.m. or
5:30 p.m. - 6:30 p.m.

LOCATION:

Online, via Zoom.



Zoom Meeting Link:

Scan QR Code to
join the Zoom link.

Meeting ID: 838 2107 6032

Passcode: caregiver

Dial by Phone: 1.312.626.6799

Meeting ID: 838 2107 6032

Passcode: 846952111

CONTACT US

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