



# Monthly Caregiver Support Group

**Second Monday of each month  
October through December 2020  
10:30–11:30 am**

*This will be a virtual support group held via Zoom conference. Zoom is a free software available online.*

*Are you feeling overwhelmed with stress at times as you try to manage your loved ones care and your own conflicting feelings of anticipatory grief?*



*Are you balancing the role of caregiver to a loved one in your life coping with a long term illness?*

Our drop in Caregiver Support Group will be a comfortable, relaxing space to release some of the stress you are carrying. Join us for a cup of tea while finding mutual support from others and learn tools to help you along your journey of caring. Join us for one or all of the sessions.

**RSVP required by Friday prior to group to receive the Zoom link. For questions, please contact April Evans, LICSW at (781) 373-6609 or [AEvans@CareDimensions.org](mailto:AEvans@CareDimensions.org)**