



Monthly Caregiver Support Group

Mondays

**January 8, February 12,
and March 11, 2024**

10:30–11:30 am

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

*Do you sometimes
feel stressed or
overwhelmed as you
try to manage your
loved one's care?*



*Are you balancing the
role of caregiver with
other work and family
responsibilities?*

Our drop in Caregiver Support Group will be a safe and relaxed space to release some of the stress you are carrying. Join us to share mutual support and learn tools to help you along in your caregiving journey. 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 the Bereavement Department
at 855-774-5100 or email Grief@CareDimensions.org**