



# Monthly Caregiver Support Group

**Mondays**

**March 13, April 10 and  
May 8, 2023**

**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](mailto:Grief@CareDimensions.org)**