

CAREGIVER SUPPORT GROUP



Are you a caregiver? ✓

Do you feel isolated? ✓

Are you seeking support to manage the stress you may be feeling as a caregiver? ✓

The Caregiver Support Group, being administered by the Sussex County Department of Human Services, Division of Senior Services, will help reduce the negative effects of stress and to increase the physical and psychological wellness of individuals. The support group will also be providing information about what programs and services are available to the caregiver, how to access these services and provide referrals as necessary.

Please join us at the:

**United Way of
Northern New Jersey
2 Spring Street, Suite 1
Newton, NJ 07860**

**This Support Group will meet on the
1st Tuesday of each month
from 3 p.m. – 4 p.m.**

January 3, 2017

February 7, 2017

March 7, 2017

April 4, 2017

May 2, 2017

June 6, 2017

August 1, 2017

September 5, 2017

October 3, 2017

November 7, 2017

December 5, 2017

**For more information and to register,
please call:**

973-579-0555 ext. 1288

This program is funded and administered by the Sussex County Department of Human Services, Division of Senior Services under *Title III of the Older American Act.*