

# 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 Health and 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.

**This program is funded and administered by the Sussex County Department of Health and Human Services, Division of Senior Services under *Title III of the Older American Act in conjunction with the Alzheimer's Association.***

**Please join us at the:**

**Hopatcong Community Resource  
& Wellness Center  
47 Hopatchung Rd  
Hopatcong, NJ 07843**

**This Support Group will meet on the  
3rd Tuesday of each month  
from 5:30 p.m. – 6:30 p.m.**

**January, 15, 2020**

**February 19, 2020**

**March 17, 2020**

**April 14, 2020**

**May 19, 2020**

**June 16, 2020**

**July 21, 2020**

**August 18, 2020**

**September 15, 2020**

**October 20, 2020**

**November 17, 2020**

**December 15, 2020**

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

**973-579-0555 ext. 1288**