

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? ✓

**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.**

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. A voluntary donation is accepted

January, 19, 2021

February 16, 2021

March 16, 2021

April 20, 2021

May 18, 2021

June 15, 2021

July 20, 2021

August 17, 2021

September 21, 2021

October 19, 2021

November 16, 2021

December 21, 2021

**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 Health and Human Services, Division of Senior Services under Title III of the Older American Act in conjunction with the Alzheimer's Association.