

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. A voluntary donation is suggested.

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 in conjunction with the Alzheimer's Association.*

Please join us virtually

**This Support Group will meet on
ZOOM on the
1st Friday of each month
from 2 p.m. – 3 p.m.**

February 5, 2021

March 5, 2021

May 7, 2021

June 4, 2021

July 2, 2021

August 6, 2021

September 3, 2021

October 1, 2021

November 5, 2021

December 3, 2021

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

973-579-0555 ext. 1288