

# 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 3<sup>rd</sup>  
Thursday of each month  
from 2 p.m. – 3 p.m.**

**January 16, 2025**

**February 20, 2025**

**March 20, 2025**

**April 17, 2025**

**May 15, 2025**

**June 19, 2025**

**July 17, 2025**

**August 21, 2025**

**September 18, 2025**

**October 16, 2025**

**November 20, 2025**

**December 18, 2025**

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

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