

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:

**Hopatcong Civic Center
32 Lakeside Blvd
Hopatcong, NJ 07843**

**This Support Group will meet on the
3rd Wednesday of each month
from 2 p.m. – 3 p.m.**

January 16, 2019

February 20, 2019

March 20, 2019

April 17, 2019

May 15, 2019

June 19, 2019

July 17, 2019

August 21, 2019

September 18, 2019

October 16, 2019

November 20, 2019

December 18, 2019

**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.*