

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 at the:

**Division of Senior Services
1 Spring St.
Newton NJ 07860**

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

January 3, 2020

February 7, 2020

March 6, 2020

April 3, 2020

May 1, 2020

June 5, 2020

August 7, 2020

September 4, 2020

October 2, 2020

November 6, 2020

December 4, 2020

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

973-579-0555 ext. 1288