

Caregiver Support Group

You care for your loved one(s), but who's caring for you?

We have a safe place, meeting *EACH MONTH*, for you to connect with other caregivers who understand the things you are dealing with and find the support you need as a caregiver.

- In this support group, we talk about stress, self-care, family dynamics, and more.
- We want to care for you as you care for your loved one(s).
- The last twenty (20) minutes of the meeting will focus on relaxation techniques and your loved ones are welcomed to join us at that time.



Click Link Below or Scan QR Code to Register for the the Zoom Meeting
-Free Group- Registration is Required-

Wednesday, January 7th
2:30-4:00 pm

pafamilynetwork.org/48VEfKf



Tuesday, January 20th
6:30-8:00 pm

pafamilynetwork.org/48Fiyzl



CONNECT WITH US ON SOCIAL
CLICK THE ICONS TO VISIT US



Reasonable accommodations as identified under the ADA must be requested 2 weeks in advance.
For more information: <https://www.visionforequality.org/programs/pa-family-network/> or 1-844-PAFAMILY

The PA Family Network is a program of Vision for Equality and funded through the Pa Office of Developmental Programs. **To register by phone, call 1-844-723-2645**