

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.**

January 6, 2023

February 3, 2023

March 3, 2023

May 5, 2023

June 2, 2023

July 7, 2023

August 4, 2023

September 1, 2023

October 6, 2023

November 3, 2023

December 1, 2023

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

973-579-0555 ext. 1288