

Caregiver Support Group

You care for your loved one(s), but who is 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, September 6th
2:30-4:00 pm

pafamilynetwork.org/45AnbGx



Monday, September 18th
6:30-8:00 pm

pafamilynetwork.org/3KE1T2I



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