

# 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, December 4th**  
**2:30-4:00 pm**

[pafamilynetwork.org/40INefr](https://pafamilynetwork.org/40INefr)



**Monday, December 16th**  
**6:30-8:00 pm**

[pafamilynetwork.org/3ACcdX7](https://pafamilynetwork.org/3ACcdX7)



**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