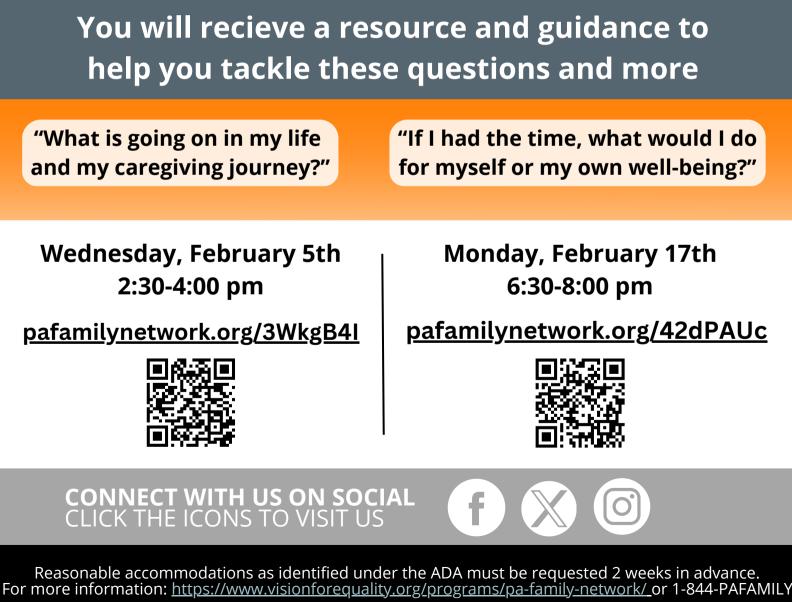




Caregiver Support Group The Caregiver's One Page Profile

As caregivers, we often put ourselves on the back burner and that is totally understandable. However, forgetting about ourselves can also be harmful for our well-being. Join us this month as we discuss **what is going on in your caregiving journey**, how you can **love on yourself a bit more**, and how others can support you on our caregiving journey.



The PA Family Network is a program of Vision for Equality and funded through the Pa Office of Developmental Programs