

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.

You will receive a resource and guidance to help you tackle these questions and more

"What is going on in my life and my caregiving journey?"

"If I had the time, what would I do for myself or my own well-being?"

Wednesday, February 5th
2:30-4:00 pm

pafamilynetwork.org/3WkgB4I



Monday, February 17th
6:30-8:00 pm

pafamilynetwork.org/42dPAUc



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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

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