

# Caregiver Support Group

**You care for your loved one(s), but who's 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.



**Wednesday, August 6th**

2:30-4:00 pm

[pafamilynetwork.org/45400Xt](https://pafamilynetwork.org/45400Xt)



**Monday, August 18th**

6:30-8:00 pm

[pafamilynetwork.org/46HyMag](https://pafamilynetwork.org/46HyMag)



**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. **To register by phone, call 1-844-723-2645**