

# Caregiver Support Group

## The Caregiver's Life Trajectory

Caregivers do a lot of planning for loved ones. We spend most of our time thinking about what they need, now and in the future; but when was the last time you asked yourself **what do I need?** This month our support group meetings will focus on helping you create a vision for yourself and the trajectory you need to take to make that vision a reality. **You will receive a resource and guidance to help you tackle these questions and more**

What kind of information, navigation, or skill-building would promote my well-being?

What do I not want to have happen because my needs are unmet?

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

[pafamilynetwork.org/4hZAlTB](https://pafamilynetwork.org/4hZAlTB)



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

[pafamilynetwork.org/3CIY7nZ](https://pafamilynetwork.org/3CIY7nZ)



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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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