PA Family Network

Vision for Equality
Supporting Families Statewide

Caregiver Support Group

You care for your loved one(s), but who's caring for you?

Join our NEW Lunch Group!

Take a moment from your busy day to chat with other caregivers who GET it.

- We have a safe place, meeting twice a 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.



Lunch Group: Meeting the First Wednesday of each month from 12:00 pm - 1:30 pm
Evening Group: Meeting the Third Tuesday of each month from 6:30 pm - 8:00 pm

Wednesday, November 4th
12:00 pm - 1:30 pm
pafamilynetwork.org/4hObV2c

Tuesday, November 17th
6:30 pm - 8:00 pm
pafamilynetwork.org/4joiidE

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**