



CAREGIVER SUPPORT THERAPY GROUP

WHAT IS THE FOCUS OF THE GROUP?

The caregiver support group will be a processing group for those who identify as caregivers, ex: a conservator of a loved one's estate, a parent of a child/ adult with a disability, a spouse administering medical treatment/ providing care for their partner, etc.

TOPICS COVERED:

- Caregiver strain
- Coping skills
- Outsourcing
- Ways to reduce stress
- Community-building with other caregivers
- Resources

WHO IS ELIGIBLE?

- Open to everyone, Generations' patients and non-patients
- 18+ years old

WHEN:

Mondays, 9:00 - 10:00 am
Beginning March 2, 2026

Note: Flexible Enrollment! This ongoing therapy group is open for new members anytime. Call to register.

WHERE:

Generations Family Health Center
40 Mansfield Avenue • Willimantic

COST/PAYMENT:

We accept Medicare, Medicaid, most private insurance plans, and patients without insurance. Contact your insurance company to confirm coverage, or call our office to discuss your options. If you're uninsured or need financial assistance, ask about our Sliding Fee Scale program to see if you qualify for a reduced rate. Rates are available upon request and can be provided before registration.

TO LEARN MORE/REGISTER:

Contact Laura Davis, LCSW
ldavis@genhealth.org or (860) 450-0585

SITES: DANIELSON. NORWICH. PUTNAM. WILLIMANTIC
SCHOOL BASED HEALTH CENTER: PUTNAM
MOBILE HEALTH UNIT

