



## NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM



### 2020 Support Group Schedule

#### Location

North County Office  
(7320 Ritchie Hwy.,  
Glen Burnie)

#### Time

1:00-2:30 pm

#### Dates

January 8<sup>th</sup>  
February 12<sup>th</sup>  
March 11<sup>th</sup>  
April 8<sup>th</sup>  
May 13<sup>th</sup>  
June 10<sup>th</sup>  
July 8<sup>th</sup>  
August 12<sup>th</sup>  
September 9<sup>th</sup>  
October 14<sup>th</sup>  
November 4<sup>th</sup>  
December 9<sup>th</sup>

#### Location

Heritage Complex  
(2666 Riva Road, 4<sup>th</sup>  
Floor, Annapolis)

#### Time

1:00-2:30 pm

#### Dates

January 21<sup>st</sup>  
February 18<sup>th</sup>  
March 17<sup>th</sup>  
April 21<sup>st</sup>  
May 19<sup>th</sup>  
June 16<sup>th</sup>  
July 21<sup>st</sup>  
August 18<sup>th</sup>  
September 15<sup>th</sup>  
October 20<sup>th</sup>  
November 17<sup>th</sup>  
December 15<sup>th</sup>

#### **Inclement Weather Policy**

If AA County schools are closed, or close early, due to inclement weather there will be no meeting on that day.

AA Co Department of Aging & Disabilities/Family  
Caregiver Support Program  
410-222-4375/4339; [caregiver\\_support@aacounty.org](mailto:caregiver_support@aacounty.org).

Anyone needing special accommodations must contact Mary Chaput at 410-222-4339 or by e-mail at [agchap01@aacounty.org](mailto:agchap01@aacounty.org) at least seven days in advance of the event. TTY users, please call via Maryland Relay 7-1-1.

## **8 Benefits of Caregiver Support Groups**

1. Feeling less lonely, isolated or judged.
2. Gaining a sense of empowerment and control.
3. Improving your coping skills.
4. Reducing distress, depression or anxiety and having lower rates of clinical depression.
5. Developing a clearer understanding of what to expect with your situation.
6. Getting practical advice or information about treatment options.
7. Improving your caregiving ability and giving better quality of life for the care recipient.
8. Helping you keep your loved one at home longer.