

CAREGIVER SUPPORT GROUP



Caregiver Support Group is a FREE five-week program that is available to anyone who is currently caring for a loved one or a patient. Caregivers who are feeling stressed, confused, overwhelmed, depressed, or burned out are encouraged to join as they would greatly benefit from the group.

The support group is an effective way to reduce stress, receive useful advice, discover local resources, and be surrounded by others who are going through similar experiences. Weekly topics include positive self-talk, support networks, alternative to pain medication, and self-care strategies to reduce stress.

For more information about the program, please contact **Sarah Florence** at **Sarah@capeassist.org**.

FREE IN-PERSON

CAREGIVER SUPPORT GROUP
To Register Call

609.263.4461 ext. 1245

HELD EVERY THURSDAY

12:30PM - 2:00PM

Reserve by May 24th

MAY 30, 2024

JUNE 6, 2024

JUNE 20, 2024

JUNE 27, 2024

JULY 11, 2024

\$50 GIFT CARD

AFTER COMPLETING THE PROGRAM

FREE LUNCH PROVIDED

Sea Isle Community Lodge

300 John F Kennedy Blvd,
Sea Isle City, NJ 08243

REGISTRATION: **Online**

WWW.CAPEASSIST.ORG/CAREGIVER

