

WEST MORRIS AREA YMCA

CAREGIVER SUPPORT GROUP

for adults caring for a loved one with
Parkinson's Disease or loved one over the age of 60

The West Morris Area YMCA and Jewish Family Service of MetroWest NJ are offering a support group for individuals who are taking care of a loved one with Parkinson's Disease or a loved one over the age of 60. This group is designed for those who want to learn coping skills and become a more effective care partner.

A caregiver support group can reduce the stress of and aid in adjusting of being to a caregiver. This group is open to spouses, adult children, and siblings of older adults.



DETAILS

Group to meet monthly in person

DATES: January 12, February 9, March 9, April 13, May 11,
June 8, July 13, August 10, September 14, October 12,
November 9, December 14

LOCATION: West Morris Area YMCA

14 Dover Chester Rd, Randolph

TIME: 11:30 am - 12:30 pm

There is NO CHARGE to attend this group.

FOR MORE INFORMATION & TO REGISTER:

Pre-registration is required.

To register, please email caregivers@jfsmetrowest.org
or call (973) 637-1740.

To learn more about Jewish Family Service of MetroWest NJ,
visit www.jfsmetrowest.org



Wilf Family
FOUNDATIONS



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