

CAREGIVER SUPPORT GROUP

You Don't Have to Do This Alone

Providing care for a loved one can be rewarding, but it can also be physically and emotionally challenging. Join others who understand the caregiving journey in a supportive, confidential online group where you can connect, learn, and find encouragement.

ONLINE CAREGIVER SUPPORT GROUP

1st & 3rd Tuesdays
of Each Month

4:30–5:30 p.m.

Beginning
September 1, 2026

THIS GROUP PROVIDES

- A safe and supportive place to share your experiences
- Education about dementia and the caregiving journey
- Practical strategies for managing caregiving challenges
- Stress management and self-care techniques
- Resources and guidance for caregivers
- Connection with others who understand

FACILITATED BY
Gina Bell, M.A.
Family Dementia Caregiver Consultant

PRESENTED THROUGH
Friendship Center

WHO SHOULD ATTEND?

Family members, friends, and unpaid caregivers who are caring for someone living with dementia or another chronic illness.

REGISTRATION REQUIRED

For registration or additional information, please contact:
Gina Bell, M.A.
Email: info@ourjourneytowellness.com

CONFIDENTIAL • SUPPORTIVE • EDUCATIONAL • FREE TO ATTEND