

CAREGIVER SUPPORT GROUP



Are you a caregiver? ✓

Do you feel isolated? ✓

Are you seeking support to manage the stress you may be feeling as a caregiver? ✓

The Caregiver Support Group, being administered by the Sussex County Department of Human Services, Division of Senior Services, will help reduce the negative effects of stress and to increase the physical and psychological wellness of individuals. The support group will also be providing information about what programs and services are available to the caregiver, how to access these services and provide referrals as necessary.

Please join us at the:

**Franklin Senior Center
George Labance Lane
Franklin, NJ 07416**

**This Support Group will meet on the
1st Wednesday of each month
from 2 p.m. – 3 p.m.**

April, 1, 2015

May 6, 2015

June 3, 2015

July 1, 2015

August 5, 2015

September 2, 2015

October 7, 2015

November 4, 2015

December 2, 2015

**For more information and to register,
please call:**

973-579-0555 ext. 1288

This program is funded and administered by the Sussex County Department of Human Services, Division of Senior Services under Title III of the Older Americans Act.