

# Caregiver Connection and Support Program



As a caregiver, we rely on the support of other caregivers to:

- ◇ help us learn how to navigate a complex system,
- ◇ share our stories, and
- ◇ discuss our challenges

Caregiving is a lifelong journey that no one understands unless they have experienced it. This program offers education and socialization for caregivers who are caring for a loved one with a disability. There is a focus on those caring for a loved one with a developmental disability, but all are welcome.

We hope you will consider joining us.

## November Education and Networking Session

### **Let's Talk! Advocating for Healthy Sexuality & Relationships**

**Presented by: Melissa Keyes DiGioia,**

**Co-Founder & Director of Education, Finding Your Individuality**

Sexual development begins at birth and continues throughout life. Parents, caregivers, and professionals have an important role in fostering healthy sexuality and relationship development, especially for loved ones with intellectual and developmental disabilities. In this session, we will discuss sexuality related needs, concerns, and interests that can arise throughout life. We will also share useful resources to communicate about and encourage healthy sexual development. Parents and caregivers of youth and adults are welcome join this very important conversation!

Thursday, November 18th, 2021

7:00—8:30pm

Register in advance for this meeting:

<https://us02web.zoom.us/joining/register/tZAoceyhrTIpHdwGEXi2dY6xkKQE69X6WwTg>



## Health and Wellness

**Join us for some fun and relaxation with our new wellness activities.**

Fun with Arts-and-Crafts

This month we will be creating our own winter wreaths  
Facilitated by: Jessica Hannah, DAWN Center for Independent Living

Tuesday, November 16th, 2021

7:00 pm—8:30 pm

Supplies will be provided by DAWN; additional details are in the registration form:

Register in advance for this meeting:

<https://us02web.zoom.us/joining/register/tZwrf-6gqTovHNbNisTOIc0kbRc-XAxeoRrS>

After registering, you will receive a confirmation email containing information about joining the meetings.

Please contact Stephanie Panagakis at 973-625-1940 X236 for further information.

