

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, support 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.

April Caregiver Education & Recreation Sessions

Caregiver Education Session

**** PLEASE READ ****

DAWN's Caregiver Connection & Support Program, which brings you this caregiver education series, is funded by a grant from the Morris County Office on Aging, Disabilities, and Community Programming. The funding that DAWN receives to provide this program is directly tied to how many caregivers attend our Zoom sessions live. We will ensure that you receive the available information regardless of your attendance, but please help support us by joining the Zoom sessions live whenever you are able to do so.

Panel Presentation: Out-of-Home Respite Services

Presenters:

Melissa Cannan, Adult Recreation Coordinator, Family Resource Network

Joe Miller, Director of Camp Jotoni, Arc of Somerset County

Dametralius Moon, Assistant Director of Community Service, Arc of Essex County

Sophia Selman, Director of 21+ Respite Services, Delta Community Supports

Sometimes as caregivers we need a little time to ourselves, for whatever the reason, and we need to know our loved ones are in good hands while they are not with us. During this presentation, representatives from each of the organizations listed above will share about the respite services they are able to offer to caregivers. Topics covered will include:

- ◆ The types of respite programs offered
- ◆ Information about activities and facilities
- ◆ Eligibility requirements for each program
- ◆ How to apply for services
- ◆ Question & Answer session

Thursday, April 24, 2025

7:00 pm - 8:30 pm

Register in advance for this meeting:

<https://dawn-cil-org.zoom.us/j/91234567890>



Caregiver Recreation: Dinner Out for Caregivers

Come join us for a relaxing and fun dinner out at La Cucina, located at 278 Diamond Spring Road in Denville. We'll enjoy La Cucina's tasty Italian cuisine while dining upstairs in a small private room. Each caregiver will pay her/his own way. Space is limited so spots will be given to the first 10 caregivers who register. (After securing your spot via Zoom registration, all future communications about the dinner will be sent to you via email by Julie Ferguson.) Here's to good company, great food, and an opportunity to unwind and connect with other caregivers!

Please only register for the event if you truly plan to join us.

(If more than 10 caregivers register for dinner, we will keep a waiting list and contact the next person on the list should any openings occur.)

Thursday, April 17, 2025

6:30 pm - 8:30 pm

Register in advance for this event:

<https://dawn-cil-org.zoom.us/j/12345678901>



If you are new to our caregiver programming, Julie Ferguson, DAWN's Caregiver Support Coordinator, will reach out to you to welcome you to the program, share information, and answer any questions you may have.

Please contact Julie Ferguson at (862)-753-7424 for further information.

This program is supported by Morris County Office on Aging, Disabilities, and Community Programming. Contributions are gladly accepted. Contributions are voluntary and are not required to participate in this programming.