

LED BY AMY PANASCI, LPN
CERTIFIED HEALTH AND WELLNESS COACH



CAREGIVER SUPPORT GROUP

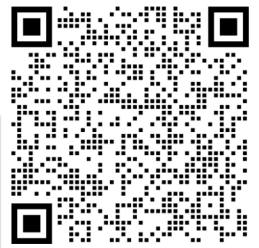
THIS GROUP WILL HELP YOU...



- UNDERSTAND THE IMPORTANCE OF SOUL CARE
- FIND SUPPORTS AND RESOURCES
- COPE WITH FEELINGS OF STRESS, LONELINESS, ISOLATION & BURN OUT
- LEARN STRATEGIES FOR OVERCOMING CHALLENGES AND STRUGGLES
- ADDRESS FEELINGS OF GUILT, ANGER AND RESENTMENT
- EXPLORE SPIRITUAL WELL-BEING

WEDNESDAYS 7PM-8PM,
BEGINNING 5/28 VIA ZOOM

- ADULTS IN A CAREGIVER ROLE
- 8 WEEK GROUP
- \$200 TOTAL



IF INTERESTED, PLEASE
SCAN QR CODE TO FILL
OUT INTEREST FORM!