



## NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

### 2018 Support Group Schedule



#### Location

Heritage Complex  
(2666 Riva Road, 4<sup>th</sup>  
Floor, Annapolis)

#### Time

1:00-2:30 pm

#### Dates

January 16<sup>th</sup>  
February 20<sup>th</sup>  
March 20<sup>th</sup>  
April 17<sup>th</sup>  
May 15<sup>th</sup>  
June 19<sup>th</sup>  
July 10<sup>th</sup>  
August 21<sup>st</sup>  
September 18<sup>th</sup>  
October 16<sup>th</sup>  
November 20<sup>th</sup>  
December 18<sup>th</sup>

#### Location

North County Office  
(7320 Ritchie Hwy.  
Glen Burnie)

#### Time

1:00-2:30 pm

#### Dates

January 10<sup>th</sup>  
February 14<sup>th</sup>  
March 14<sup>th</sup>  
April 11<sup>th</sup>  
May 9<sup>th</sup>  
June 13<sup>th</sup>  
July 11<sup>th</sup>  
August 8<sup>th</sup>  
September 12<sup>th</sup>  
October 10<sup>th</sup>  
November 14<sup>th</sup>  
December 12<sup>th</sup>

### 8 Benefits of Caregiver Support Groups

1. *Feeling less lonely, isolated or judged.*
2. *Gaining a sense of empowerment and control.*
3. *Improving your coping skills.*
4. *Reducing distress, depression or anxiety and having lower rates of clinical depression.*
5. *Developing a clearer understanding of what to expect with your situation.*
6. *Getting practical advice or information about treatment options.*
7. *Improving your caregiving ability and giving better quality of life for the care recipient.*
8. *Helping you keep your loved one at home longer.*

#### **Inclement Weather Policy**

If AA County schools are closed, or close early, due to inclement weather there will be no meeting on that day.

AA Co Department of Aging & Disabilities/Family  
Caregiver Support Program  
410-222-4375/4339; [caregiver\\_support@aacounty.org](mailto:caregiver_support@aacounty.org).

[dailycaring.com](http://dailycaring.com)

Anyone needing special accommodations must contact Mary Chaput at 410-222-4339 or by e-mail at [agchap01@aacounty.org](mailto:agchap01@aacounty.org) at least seven days in advance of the event. TTY users, please call via Maryland Relay 7-1-1.