**Location**
North County Office  
(7320 Ritchie Hwy., Glen Burnie)

**Time**
1:00-2:30 pm

**Dates**
January 12  
February 9  
March 9  
April 20  
May 11  
June 8  
July 13  
August 10  
September 14  
October 12  
November 9  
December 14

**Location**
Heritage Complex  
(2664 Riva Road, Independence Room, Annapolis)*

**Time**
1:00-2:30 pm

**Dates**
January 18  
February 15  
March 15  
April 19  
May 17  
June 21  
July 19  
August 16  
September 20  
October 18  
November 15  
December 20

*New Location!

**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.

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

Please contact 410-222-4375/4339 or caregiver_support@aacounty.org for the Zoom.
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.

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