## 2021 Support Group Schedule

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heritage Complex</td>
<td>January 19, February 9, March 16, April 20, May 18, June 15, July 20, August 17, September 21, October 19, November 16, December 21</td>
<td>1:00-2:30 pm</td>
</tr>
<tr>
<td>North County Office</td>
<td>January 13, February 10, March 10, April 14, May 12, June 9, July 14, August 11, September 8, October 13, November 10, December 8</td>
<td>1:00-2:30 pm</td>
</tr>
</tbody>
</table>

### 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.
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.