



NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM



2023 Support Group Schedule *In-person and Virtual!*

Location

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

Time

1:00-2:30 pm

Dates

January 11
February 8
March 8
April 12
May 10
June 14
July 12
No August Meeting!
September 13
October 11
November 8
December 13

Location

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

Time

1:00-2:30 pm

Dates

January 17
February 21
March 21
April 18
May 16
June 20
July 18
No August Meeting!
September 19
October 17
November 21
December

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 caregiver_support@aacounty.org for the Zoom link.

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.