# 2023 Support Group Schedule

**In-person and Virtual!**

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>North County Office (7320 Ritchie Hwy., Glen Burnie)</td>
<td>1:00-2:30 pm</td>
<td>January 11, February 8, March 8, April 12, May 10, June 14, July 12, September 13, October 11, November 8, December 13</td>
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<tr>
<td>Heritage Complex (2664 Riva Road, Independence Room, Annapolis)</td>
<td>1:00-2:30 pm</td>
<td>January 17, February 21, March 21, April 18, May 16, June 20, July 18, September 19, October 17, November 21, December</td>
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**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.

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