



## NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

### 2025 Support Group Schedule

#### Location

North County Office  
7320 Ritchie Hwy.,  
Glen Burnie

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

#### Dates

January 8  
February 5  
March 12  
April 9  
May 14  
June 11  
July 9  
No August Meeting  
September 10  
October 8  
November 12  
December 10

#### Location

Heritage Complex  
Independence Room,  
2664 Riva Road,  
Annapolis

**Time:** 12:30-2:00 pm

#### Dates

January 21  
February 18  
March 11  
April 15  
May 20  
June 17  
No July Meeting  
August 19  
September 16  
October 21  
November 18  
December 16

## VIRTUAL SUPPORT GROUP

**Time:** 6:00-7:30 pm

#### Dates

January 27  
February 24  
March 24  
April 28  
May 19  
June 16

July 21  
No August Meeting  
September 15  
October 20  
November 17  
December 15

Please contact [caregiver\\_support@aaacounty.org](mailto:caregiver_support@aaacounty.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.

dailycaring.com

### **Inclement Weather Policy**

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

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

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.

*Making Life Better*

