



## NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM



### 2024 Support Group Schedule *In-person and Virtual!*

#### **Location**

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

#### **Time**

1:00-2:30 pm

#### **Dates**

January 10  
February 14  
March 13  
April 10  
May 8  
June 12  
July 10  
No August Meeting!  
September 11  
October 9  
November 13  
December 11

#### **Location**

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

#### **Time**

1:00-2:30 pm

#### **Dates**

January 16  
February 27  
March 19  
April 16  
May 21  
June 18  
July 16  
No August Meeting!  
September 17  
October 15  
November 19  
December 17

#### **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](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.

**Please contact [caregiver\\_support@aacounty.org](mailto: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.