



Caregiver Support Group

Every caregiver and caregiving situation is unique but there are always common factors which bridge these situations and caregivers together. Please join us for a support group where you will be supported and you can support others.

- Location:** The Abrams Residence, 50 Walter St., Ewing, NJ 08628
Meetings will take place in the private dining room.
- Dates:** Thursdays Nov. 5, Nov. 19, Dec. 3, Dec. 17, Jan. 7 and Jan. 21.
- Time:** 3:00pm – 4:30pm
- Facilitator:** Wendy Cacacie, MSW, LCSW
- Fee:** \$36 for 6 sessions.

Learn how to: Balance your time between caring for a loved one and caring for yourself, find and use the resources you need, cope with feelings of isolation, guilt and frustration.

For more information call Wendy Cacacie at Jewish Family & Children's Service 609 987-8100 ext 219 or email Wendy at Wendyc@jfcsonline.org.

