

CAREGIVER SUPPORT GROUPS



PROVIDING A COLLECTIVE SHOULDER OF SUPPORT, AS WELL AS TIPS, TECHNIQUES & RESOURCES TO HELP YOU LIVE YOUR LIFE WHILE SUPPORTING YOUR LOVED ONES

**NEW
GROUP!**

ONLINE Caregiver Support Group

Our non-denominational Online Caregiver Support Group is a safe, secure group where you can converse openly and support one another—without leaving your own home. You'll share emotions, challenges and opportunities with others. All you need is a computer or iPad with a camera and internet access.

When: Four consecutive Wednesdays starting February 1, 2017
10:30 a.m.—12:00 p.m.

Where: From your own home!

Cost: \$40 for 4 sessions

To ensure that you are able to connect with the group online, please register by 1/25

Caregiver Support Group: For Those Under the Age of 75 Who are Helping Their Spouse

Are you caring for a spouse with Parkinson's Disease, Alzheimer's, early onset dementia or chronic illness? You certainly are not alone. Our non-denominational Caregiver Support Group is specially geared to those under the age of 75.

When: Every other Tuesday starting February 7, 2017
10:15 a.m.—11:30 a.m.

Where: The Jewish Center
435 Nassau St, Princeton

Cost: \$50 for 6 sessions

To register contact group facilitator, Beverly Rubman at:

beverlyr@jfcsonline.org or 609-987-8100, ext. 151



FREE CAREGIVER SUPPORT HELPLINE

CARE FOR YOU...THE CAREGIVER

609-987-8100

If you or someone you know needs help with referrals or support during their caregiver journey, our caregiver support specialists would love to help.

