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Caregivers Support Group, Zoom, 1st Tuesdays

Date and Time

Monthly on the first Tuesday at 10:00am for 6 times

Event Region

Northern Virginia

Event Type

Support group

RSVP Info

703.821.6838, or email jtarr5@verizon.net

Event Cost

\$0.00

Event Description

Caregivers Support Group This group for caregivers is a sounding board and a safe place where everyone understands the challenges of caregiving – there is no judgment. Meetings are gently facilitated. The sharing of feelings, problems, approaches, helpful information, and highs and lows is encouraged. There is no one way to handle every caregiver situation, and sharing experiences is helpful to all. Average attendance is 7-12 caregivers – so everyone has a chance to share, ask questions, and raise topics in a warm and supporting environment. The group meets on the 1st and 3rd Tuesdays of each month. For more information, or to attend, please contact the Facilitators: Jack Tarr (703.821.6838, jtarr5@verizon.net) and Lynn Rafferty (703.508.1365, radmom8992@gmail.com).