

CAREGIVER STRESS & COPING GROUP



This 8-week group begins on September 12th at 6 PM via Zoom. This 8-week group is open to parents, grandparents and other primary caregivers who hope to:

- Build connections in a supportive community environment
- Discuss common sources of caregiving stress
- Practice strategies for coping with stress relating to role as a caregiver
- Develop effective self-care routines
- Learn and practice new skills in a group setting lead by two co-facilitators

Held weekly on Mondays for 8 weeks starting 9/12/22

ONLINE VIA ZOOM

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