



FamilyMeans
CAREGIVING & AGING

Virtual Caregiver Support Groups *September – December 2020*

During support groups, caregivers learn and reinforce good self-care, give and receive encouragement, and enjoy support and understanding from others in similar situations. With professional staff facilitation, the groups explore issues such as:

- Balancing roles and responsibilities
- Understanding and dealing with the realities of chronic illnesses
- Coping with difficult emotions
- Developing support systems
- Accessing community resources

General Caregiver Support Groups

Morning Sessions, Wednesdays, 10-11am

(September 2, 9, 23; October 7, 21; November 4, 18; December 2, 16, 30)

Afternoon Sessions, Fridays, 1-2pm

*(September 18; October 2, 16, 30; November 13; December 11)**

**No group on November 26, December 25 due to agency observed holidays*

Adult Child Caregiver Support Group

3rd Wednesday, 5:30pm

*(October 21; November 18; December 16)**

**No group in September*

New participants are welcome. Pre-registration is required by emailing Heidi Ricks, hricks@familymeans.org or calling 651-789-4017. You will receive the link or phone number to join the meeting the day of the event.*

*All groups are held virtually using GoToMeeting (similar to Zoom but more secure). You may phone in if you do not have video capabilities. To access the meeting from a mobile device you will need to download the GoToMeeting app from your device's app store. If using GoToMeeting for the first time you may want to sign in a few minutes early to ensure the technology works properly on your device. We are happy to troubleshoot as we are able, though this is not always possible once the group starts. You can also access this reference guide:

<https://www.gotomeeting.com/meeting/resources/gotomeeting-quick-and-helpful-guide-for-attendees>.

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