

INFORMATION AND SUPPORT FOR CAREGIVERS

Garrett County Community Action

January 2020

Join us each month for new information as well as a chance to discuss the challenges and successes of caregiving. Community Action will be teaming up with agencies throughout the community to provide you with exciting information and resources available to you.

RSVP to: Joni Diehl 301.334.9431
ext. 6133

E-mail: jdiehl@garrettcac.org

Topic for January: Hospice

Guest Speaker: Hospice of Garrett
County



Caregiver Support Group

Each month information will be presented to help identify resources to make caregiving a less stressful part of life. Any information you are interested in or would like to have presented is welcome. Discussion of feelings and concerns related to caregiving will be covered as well!

When:

- Every 2nd Tuesday of the month
- 5:30 PM – 7:00 PM
- Garrett County Community Action 1st floor conference Room
- Refreshments will be provided