

PrimeplusCares

CAREGIVER SUPPORT ZOOM GROUP

1st & 3rd Wednesday of every month at 7 PM

The caregiver support group hosted by Primeplus Senior Centers is open to all caring for a loved one.

This group is a safe space to discuss the stresses, challenges, and rewards of caregiving.

**Participants can join our Zoom Meeting
the 1st & 3rd Wednesday of every month
starting March 6, 2024**

It's simple, just email at crandolph@primeplus.org
and we will send you the Zoom Link!



Please contact Primeplus at 757.625.5857 or via email at crandolph@primeplus.org with any questions.
7300 Newport Ave. Suite 100, Norfolk, VA 23505

CAREGIVER SUPPORT Zoom GROUP

Caregiving can feel isolating, but you're not alone.

Caregiving can be an isolating experience, but **you're not alone** in this challenge. There are over **34 million** Americans providing unpaid care. When you're overwhelmed and exhausted by caregiving responsibilities, it can feel like you're the only person dealing with so much.

That's why caregiver support groups are so helpful. They're filled with people who are in similar situations. Being able to talk with others who truly understand what you're going through reduces stress, validates your experience, and gives connection and support.

Decades of research and anecdotal evidence show that there are clear benefits to participating in caregiver support groups.

Here are 8 top benefits:

- Feeling less lonely, isolated or judged
- Reducing depression, anxiety, or distress
- Gaining a sense of empowerment and control
- Getting advice or information about practical solutions or treatment options
- Improving or learning healthy coping skills
- Getting a better understanding of what to expect in the future
- Improving caregiving skills and giving better quality of life
- You'll discover tips that help you!

It's simple, just email at **crandolph@primeplus.org** and we will send you more information!

Welcome!