



Virtual Caregiver Support

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This group offers:

Networking and support from other caregivers

Opportunities to learn about area resources

Learn coping tips

Virtual meetings on Zoom platform

2020 VIRTUAL MEETINGS

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| August 5 2:00 – 3:00 pm | How a Support Group Can Help You |
| September 2 2:00 – 3:00 pm | Journaling for Mindfulness |
| October 7 2:00 – 3:00 pm | Overcoming Caregiver Fatigue |
| November 4 2:00 – 3:00 pm | Cultivating an Attitude of Gratitude |
| December 2 2:00 – 3:00 pm | Holiday Strategies For Caregivers |

For more information, please reach out to
HCP Community Educator, Jeanne McClintick, LPN, CHPLN at
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To register, visit the events page at www.hospiceofcentralpa.org.