



## 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

### 2021 VIRTUAL MEETINGS

<b>January 6</b> <b>2:00 – 3:00 pm</b>	How a Support Group Can Help
<b>February 3</b> <b>2:00 – 3:00 pm</b>	Self Care for the Caregiver
<b>March 3</b> <b>2:00 – 3:00 pm</b>	Creating a Legacy Tool
<b>April 7</b> <b>2:00 – 3:00 pm</b>	Cultivating an Attitude of Gratitude
<b>May 5</b> <b>2:00 – 3:00 pm</b>	Connecting to Community Resources for the Caregiver
<b>June 2</b> <b>2:00 – 3:00 pm</b>	Communication Tips for Discussing End of Life Wishes

For more information, please reach out to  
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To register, visit the events page at [www.hospiceofcentralpa.org](http://www.hospiceofcentralpa.org).