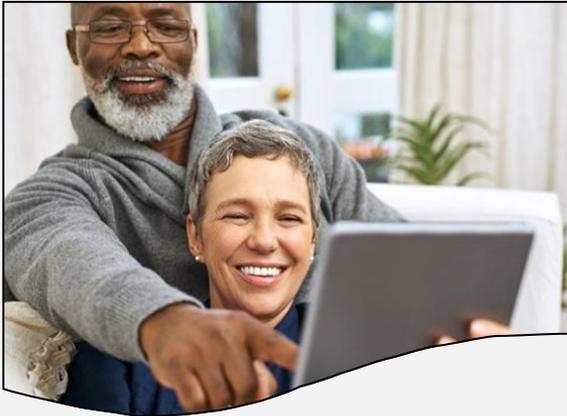


# Virtual Evening Caregiver Support Group



**Where:**

**Virtually via Zoom**

\*If you require assistance with setting up your zoom account please call the ICRC office.

Registration required: [Click Here](#)

**When:**

Third Thursday of each month

6:00 P.M.— 7:30 P.M.

*1st Meeting: July 16, 2020*

**Facilitated by:**

Darlene Merkler

Education/Outreach Coordinator

**For more information call:  
Inland Caregiver Resource Center**

**(800) 675-6694**

## Attention Family Caregivers!

Inland Caregiver Resource Center is now offering an ***evening*** support group!

Do you feel overwhelmed and as if no one understands what you are going through? Do you find yourself missing presentations during the day due to time conflicts?

## Then this support group is for you!

- Come attend the support group to learn ways to decrease stress, take breaks and develop a mutual support system
- Come and exchange practical information on caregiving situations and possible solutions
- Openly share challenges and discuss coping skills by connecting with other caregivers
- Most importantly, learn and share important resource available in your community

***Hope to see you there!***

