

# VIRTUAL CAREGIVER SUPPORT GROUP

*“Caregiving is a constant learning experience.”*

— Vivian Frazier



**Are you a caregiver for your spouse or an aging loved one? Take time for yourself. Meet other caregivers and receive educational resources to help you cope.**

**Virtual Support Group Meets Monthly.  
1st Tuesday of each month at 7:00 pm**

This virtual, informal social and support group not only provides a welcoming and confidential environment for you to share with others in a similar situation, but also serves as an educational forum for caregivers to learn about important topics. Meetings are led by Journey Hospice's Nurse Practitioner, Lynn Durmala, APN, ACHPN\*. This support group is presented virtually, via zoom.

Attendees may connect by phone or by zoom conference call.

(\*Please note: We ask that attendees refrain from asking individual medical questions during the support group.)



**Program is FREE. Pre-registration is required.**

**To register, call (800) 458-0651 or email Beth Gebhart at [bgebhart@ismnj.org](mailto:bgebhart@ismnj.org).**

[www.journeyhospicenj.org](http://www.journeyhospicenj.org)