

Caregiver SUPPORT GROUP

Connect • Share • Learn • Support

A welcoming place for family caregivers to share experiences, get practical tips, and receive encouragement from others who understand.

GROUP TOPICS INCLUDE:

- Emotional Support
- Education and Resources
- Coping Strategies
- Self-Care
- Building a Support Network

2027 MEETING DATES

- January 21, 2027
- February 18, 2027
- March 18, 2027
- April 15, 2027
- May 20, 2027
- June 17, 2027

TIME
11:00 a.m. to 1:00 p.m.

LOCATION
6205 Raeford Road
Fayetteville, NC

FOR MORE INFORMATION, CONTACT:

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MID-CAROLINA REGIONAL COUNCIL
Creative Regional Solutions

NORTH CAROLINA Family Caregiver Support Program