



*Where Active Adults Meet to be Informed, Empowered, Inspired*

## **CAREGIVERS SUPPORT GROUP**

### ***WHAT YOU NEED TO KNOW***

#### **Join the Caregivers Support Group at SCAN**

Are you caring for a family member who is frail, ill, or has dementia? Are you feeling tired, overwhelmed, and confused? Come and relax in the company of others and get some support and helpful information. SCAN, in partnership with the Monmouth County Office on Aging, is offering a caregiver support workshop which will be professionally facilitated. The sessions will alternate between support groups and educational sessions tailored specifically for family caregivers.

#### **Topics covered include:**

*Preparing to be a caregiver*

*Where to find help*

*Transitions (end of life issues)*

*Self care*

**Join us at SCAN on : 1/21, 2/4, 2/18, 3/4, 3/18  
4/1, and 4/15.**

**2:00 - 3:30 pm, RM 4 — FREE**

SCAN is Located in Monmouth Mall, 180 Highway 35, Eatontown, NJ 07724  
On Basement Level, Near Mall Management Office  
Phone 732-542-1326 ~ Fax 732-389-9434 ~ Web [www.scannj.com](http://www.scannj.com)