



Upcoming Caregiver Support Group

**Philoptochos Caregiver Support Group: For Orthodox
Christian Caregivers Nationwide**

**Tuesday, January 30, 2024 to Tuesday, March 5, 2024
7:00 pm EST – 8:00 pm EST**

- Are you caring for a loved one of any age – who may be elderly, or has a chronic or life-threatening illness or health condition, or who is disabled?*
- Do you wish you knew others who are facing the same challenges as you?*
- Do you wish there were someone with whom you could share your thoughts, concerns, and questions and who understands our faith, culture, and community?*
- Are you so overwhelmed you're not even sure what questions to ask or who could help?*



**6 consecutive
Tuesdays over
ZOOM**

**Space is limited -
please don't delay!**

**Pre-Registration is
required.**

Department of Social Services