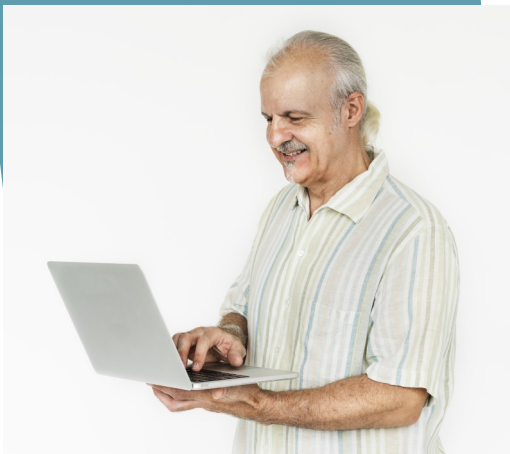




ElderSource
INSTITUTE

Age Your Way™

Virtual Caregiver Support Group



ElderSource Institute's Virtual Caregiver Support Group gives caregivers a safe space to share information, ask questions and voice personal feelings and stories.

The support group makes it possible for caregivers to connect face-to-face in real time with other caregivers using today's technology.

**To sign-up or for more information
please email**

Louise Starmann:

Louise.Starmann@eldersourceinstitute.org

Or Linda Levin:

Linda.Levin@eldersourceinstitute.org

Or call: 904-391-6610



Join the Virtual Caregiver Support Group Today!

The focus of the group is for those who feel they cannot leave their loved one to attend a support group, but would benefit from participating in one. However, any interested caregivers can join.

The groups will meet once a week for six to eight weeks and each session will last 60-90 minutes facilitated by a skilled moderator.

Caregivers need internet access and some form of technology to participate such as a smart phone, tablet, iPad, laptop or desktop computer. A video conferencing app will be used and the facilitator will instruct the caregiver on how to use the app.

The Virtual Caregiver Support Group is funded from proceeds of the annual ElderSource fundraising event, A Night with the Stars.

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For more information visit eldersourceinstitute.org