

# Carepartners' Support Group

## MONTHLY ONLINE SUPPORT PROGRAM

Caregiving has its challenges in the best of times, but experienced through the prism of fear, isolation and uncertainty of COVID-19, it takes on new dimensions. Join a community of care partners for a monthly support group to discuss the challenges of caregiving.



Topics will be determined by group members but may include:

- Coronavirus's impact on relationships
- Rolling with new routines: What does your day look like now?
- Tips & Tricks: Sharing Resources
- Managing the new logistics of care: Telemedicine, transportation, etc.
- Asking for help: Flexing the vulnerability muscle

This monthly support group is designed for care partners of people with Parkinson's disease, and will be facilitated by Sarah Singer, LICSW.

**Registration is required.** Space is limited.

**Dates & Times:** Fourth Wednesday of the month, beginning October 28, 2020;  
1:15 - 2:15 PM

**Location:** Home Computer - Via Zoom

**Register:** <https://apdama.salsalabs.org/carepartner-group>  
Questions? Contact the APDA I & R Center at 800-651-8466 or  
[apdama@apdaparkinson.org](mailto:apdama@apdaparkinson.org)

