



Virtual Caregiver Support Group

Has your role as a family caregiver ever left you feeling lonely, isolated, stressed, uncertain, confused, overwhelmed or frustrated?

If so, that's normal. You are not alone!

Support groups provide a safe place where you can share your feelings, get social support, learn from others, discuss caregiving skills, learn about local resources, and talk *confidentially* with other family caregivers.

Join UPCAP's Virtual Caregiver Support Group, intended specifically for Upper Peninsula family caregivers. The group is facilitated by a moderator and meets **virtually** from **2:00—3:30 pm EST on the second Tuesday of each month.**

A computer, tablet, or smartphone with internet connection, webcam, microphone and email address is needed to participate.

Registration is required!

To register call (906) 217-3019 or email: caregivers@upcap.org

