

YOUNG(ER) ADULT CAREGIVER SUPPORT

GROUP Offered by Cicada Wellness

Designed for family caregivers who are in early- mid career and/or raising a young family, while also navigating supporting an elder family member.

This supportive, discussion-based group offers a safe space to share experiences, raise topics, and exchange tips. Together, we will navigate the unique challenges of caregiving to help you feel more empowered and provide you with a sense of community.

GROUP DETAILS

Where: This group meets **in person** in Takoma Park for 8-weeks.

Meeting Dates: Wednesdays, 7-8:15pm
4/17, 4/24, 5/1, 5/8, 5/15, 5/22, 5/29, 6/5

Fee: \$250 for group series

Registration Contact: Katie Garber
katie@agewelltakoma.com or 202-743-6021

Group Facilitator: **Katie Garber**, LICSW, LCSW-C
Katie brings 11+ years of working with families navigating age-related issues to this group. She especially enjoys supporting caregivers who are “sandwiched” between raising their own families and caring for their parents.

