

YOUNG(ER) ADULT CAREGIVER SUPPORT GROUP

Offered by Cicada Wellness & Talk Therapy Potomac

Designed for family caregivers under the age of 50 who are caring for an older adult. We also invite people 50+ who have young families to join the group.

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 **virtually** over Zoom for 8-weeks.

Meeting Dates: Tuesdays, 12-1:30pm
4/2, 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21

Fee: \$250 for group series

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



Group Facilitator: **Melissa Susser, LICSW**
Melissa, a Licensed Clinical Social Worker, brings 11+ years of experience facilitating support groups and working with families navigating age-related issues.