

Caregiver Support Group

**Virtual Support Group
for Caregivers of Youth with Disabilities
Thursdays, 6—7 PM,
8 Weeks (Feb 18th—April 15th)**

Topics Include:

Self Care * Keeping Focused * Reaching Goals
Virtual School Days * Life During Covid
Zoom Fatigue



Sharing



Listening



Building

There is no charge to join the group.

For Information, Contact:

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Hosted By:



COALITION FOR INDEPENDENT LIVING OPTIONS, INC.
"Promoting Independence for People with Disabilities"