



Support Group: Caretakers

A group for caretakers of individuals with neurodegenerative diseases



Are you a caretaker of a loved one with Parkinson's, Alzheimer's, or another neurodegenerative illness? Are you finding it difficult to manage caretaker responsibilities?



It is common for caretakers to neglect their own needs while caring for others. At times, it can feel like a tiring, thankless job. If you are feeling overwhelmed, stressed or isolated, please consider joining our caretaker support group.

This group aims to bring caretakers together and provide a safe, confidential space to support each other.


Facilitators:



Gabriella Cianci,
MHC-I



Octavia Phoenix,
MHC-I

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- **Start Date: February 2022**
 - **Wednesday from 5:00 p.m. to 6:30 p.m.**
 - **Virtually: Google Meet**
 - **10-Week commitment**
 - **\$50 per session - out of network benefits may apply**

TO REGISTER, PLEASE CONTACT:

GABRIELLA@NYCCOUNSELING.COM OR OCTAVIA@NYCCOUNSELING.COM