



# Support Group: Caregivers

A group for caregivers of individuals with chronic disease



Are you a caregiver of a loved one with Parkinson's, Alzheimer's, chronic illness, or a neurodegenerative disease?

Are you finding it difficult to manage your life with your caregiver responsibilities?



At times, it can feel like a tiring, thankless job. If you are feeling overwhelmed, stressed or isolated, join us in a safe, confidential space to support each other.

Our facilitator brings her personal experience with this issue in leading this group.

## Facilitator:



**Gabriella Cianci**  
MHC-LP

- **Start Date: Feb 6, 2023**
- **Mondays, 3-4:30pm**
- **Virtually: Google Meet**
- **8-week commitment**
- **\$75/session - discounts for pre-payment can get cost around \$60/session. Out of network benefits may apply.**

**TO REGISTER:**  
**GABRIELLA@NYCCOUNSELING.COM**