

# Caregiver Support Group



Join your fellow caregivers for an hour of relief and support. Share resources, ideas, and more. Relax together, away from your daily tasks.

- **The 2nd Tuesday of each month from 6:00 to 7:00 PM**
- **Online/Virtual, the link is sent to registered participants**

Participants must be caring for another individual to attend. Caregivers are not able to bring the person they care for with them to this group. Thank you for your understanding. A reservation is required to attend.

Contact **Kathy** at **385-468-3281** or register online at [monami.io/calendars/salt-lake-county-aging-adult-services](https://monami.io/calendars/salt-lake-county-aging-adult-services)



**Salt Lake County Aging & Adult Services**

2001 S State Street SI-600, Salt Lake City, Utah 84190

385-468-3280 | TTY 7.1.1 | [slco.org/caregiver](https://slco.org/caregiver) | #slcoaging | @slcoaging