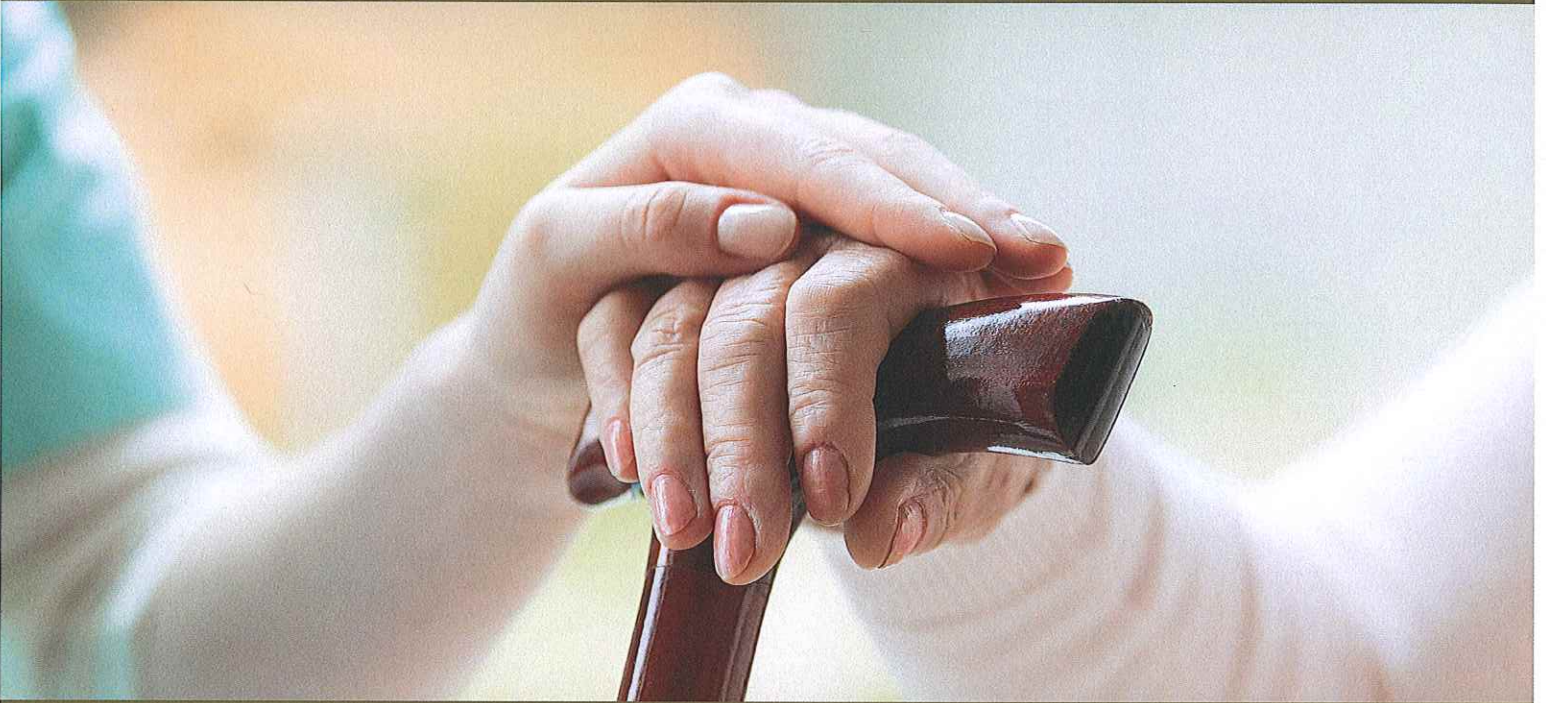


CAREGIVER SUPPORT GROUP

BRANCHING OUT TO CAREGIVERS
A GROUP THAT PROVIDES RESOURCES AND HEALTH CAREGIVING

CAREGIVER STRESS • LEGAL CONCERNS • RESPITE PROGRAMS • ADULT MEDICAL DAY CENTER
• ALZHEIMER'S AND DEMENTIA EDUCATION • AND MUCH MORE...



Camden County Library
Bellmawr Branch
35 E Browning Rd
Bellmawr, NJ 08031
January 21, 2020
September 15, 2020
11:00 AM – 12:00 PM

Camden County Library
Haddon Township Branch
15 MacArthur Blvd
Westmont, NJ 08108
February 18, 2020
December 15, 2020
5:30 PM - 6:30 PM

South County
Regional Library
35 Cooper Folly Rd
Atco, NJ 08004
March 17, 2020
November 17, 2020
11:00AM – 12:00 PM

Voorhees Regional Library
203 Laurel Road
Voorhees, NJ 08043
April 21, 2020
5:30 PM – 6:30 PM

Respond Day Center
441 Erie Street
Camden, NJ 08102
May 19, 2020
11:00 AM – 12:00 PM

RSVP - Erin Small Gabriel 374-2582 or erin.small@camdencounty.com

FOR YOUR NEWS & EVENTS
THE BOARD OF FREEHOLDERS

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camden county

Making It Better, Together.

Stress Busting for Family Caregivers

April 7th -
June 2nd

5 P.M. - 6:30 P.M. (Every Tuesday)

512 Lakeland Rd. (Room 105)

Blackwood, NJ

This program has been highly beneficial for many family caregivers. Caregivers will learn about stress and its effects, practice stress management techniques, and develop problem solving skills. Some of the strategies include the following: breathing, imagery, humor, massage, mediation and yoga.

Space is limited to reserves a spot please contact Rose Candy at:
856-858-3220 or Rose.candy@camdencounty.com

camden*county*

Making It Better, Together.

CamdenCounty.com

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