



CAREGIVERS VIRTUAL SUPPORT GROUP

Failing to practice self-care habits contributes to the stress caregivers feel and the problems they may experience with their own physical, mental and emotional health. The likely outcome or consequence for a caregiver who is not taking care of him- or herself is burnout.

WILC (Westchester Independent Living Center) is providing a safe space via Zoom for caregivers to:

CONNECT ~ LEARN ~ FEEL SUPPORTED ~ REDUCE STRESS



FIRST MONDAY OF THE MONTH, 3:00-4:00

Join Zoom Meeting <https://us02web.zoom.us/j/89592102740> Meeting ID: 895 9210 2740

Contact Elizabeth Bussian (914) 682-3926 x2131 ebussian@wilc.org

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