



SUPPORT

CAREGIVER COLLEGE

The Caregiver College meets the **first and third Wednesday** of each month from **9:30 a.m. to 11:30 a.m.** at the **Stephen R. Chapman Family Community Campus.**

The Caregiver College provides social and educational support for those caring for an adult family member or a child with a serious chronic condition. Services are designed to provide education, training and social support for people currently caring or preparing to care for a family member. Classes will address specifics of care, disease related issues, along with social and spiritual issues – all related to caregiving or preparing to provide care.

Time for networking and socializing will be provided before and after each presentation. Refreshments served.



ALL SESSIONS ARE 9:30 A.M. - 11:30 A.M.

November 6, 2019

Caring for the Caregiver, "First, Put on Your Own Oxygen Mask"

November 20, 2019

Social & Discussion Get Together

December 4, 2019

Hope for the Holidays

December 18, 2019

Social & Discussion Get Together

January 8, 2020

Advance Care Planning - It's About the Conversation

January 15, 2020

Social & Discussion Get Together

*Programs are free of charge and held at our Stephen R. Chapman Family Community Campus. Please call **Sisteria Simmons** at **904.407.6464** for more information.*