

**Join us for a FREE event!
In-Person and Virtual Options.**

How To Start a Support Group for Caregivers

IN-PERSON Program Schedule

Wednesday, August 10th 6 - 7 p.m.

St. Joseph Catholic Church

720 W 13th Street, Newton, NC

Program will take place in Holy Family Hall

**Please register by Monday, August 10th by contacting
Sandra Breakfield at 704-370-3220 or
email sandrab@ccd.org**

VIRTUAL Program Schedule

Tuesday, July 26th 2 - 3 p.m.

**To Register for the VIRTUAL event, click [HERE](#).
After registering, you will receive a confirmation email
containing information about joining the
webinar.**

- The Benefits of Starting a Support Group
- Purpose of a Support Group
- How to Set up a Support Group
- Role/Skills of a Facilitator



*Hosted by Catholic
Charities
Diocese of Charlotte
Elder Ministry*

Presenter



**Mary Mitchell,
Family Caregiver Support
Specialist**

**Western Piedmont
Council of Governments
Area Agency on Aging**

**For additional information or to register, please contact Sandra Breakfield
Program Director Elder Ministry
704-370-3220
sandrab@ccd.org**