

# Monthly Caregiver Support Group



## Who are caregivers and why the need for a support group?

A caregiver is anyone who feels responsible for another person's welfare (financial, emotional, supportive) because of illness, frailty, life changes, and/or losses.

- Statistics show that at least one person out of four families has caregiver duties.
- The average woman could spend more years caring for her parents than raising her children.
- More and more men and women are taking on caregiving responsibilities of spouses, parents, grandparents, partners, and significant others.

## Who is invited?

People who care for their relatives, spouses, or other loved ones on a regular basis. This support group is also open to those who share caregiver duties with other family members and friends.

Every month there is a different guest speaker who covers a topic that family caregivers need information about to face the challenges of caregiving. Whether you are caring for a parent, disabled child, someone with dementia or other illnesses, this group will help you sort through what is available in Gwinnett County and the metro area in programs and services.

## Where?

Gwinnett Justice and Administration Center  
Support Services Large Conference Room, 2nd floor  
75 Langley Drive, Lawrenceville

## When?

The fourth Thursday of each month from noon to 1:00pm

## Presenter: Pat Baker, Director of Gwinnett County Health and Human Services

Pat has over 40 years of experience in the aging field and has worked with family caregiver groups since 1980.

Receive one wellness point for attending.

gcbewellbesafe

For more information, please contact the  
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