



SUPPORT FOR CAREGIVERS MAY, JUNE & JULY 2023

Caregiver Support Group

Wed., May 3, June 7 & July 5; 5:30 to 6:30 p.m.
Supportive discussion group for those caring for a loved one who is aging or has a chronic illness—shared experiences can be healing. An Oaks Integrated Care caregiver specialist will conduct these interactive groups on crucial topics and facilitate a supportive group experience.

Caring for Loved Ones with Chronic Conditions Mondays, 10:30 to 11:30 a.m.

May 1: Seven Stages of Dementia
May 15: Communication and Dementia
June 5: Ways to manage Caregiver Stress
June 12: Importance of a living will
July 10: Strategies for keeping your loved one engaged
July 24: Dealing with Challenging Behaviors

Adult Children Caring for Parents Mondays, 5:30 to 7 p.m.

May 1: Ways to manage Caregiver Stress
May 15: Caregiving and Sibling Relationships
June 5: Seven Stages of Dementia
June 12: Communication and Dementia
July 10: Dealing with Challenging Behaviors
July 24: Balancing Caregiving, Family and Work

RWJ Fitness & Wellness Center
3100 Quakerbridge Rd, Hamilton Township, NJ 08619

For more information or to register, call the health connection at [609-584-5900](tel:609-584-5900) or visit us online at rwjbh.org/HamiltonPrograms.

Registration is required. Classes, events and programs are in person, unless otherwise noted, are limited in size and offered on a first-come, first-serve basis. This program is sponsored by RWJ University Hospital Hamilton, Community Education, Community Health.

