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## **Wednesday Caregiver Support Groups, Virtual**

Date and Time

Wednesday 5/11/2022 4:30pm

Event Region

Northern Neck

Event Type

Support group

Event Cost

\$0.00

Event Description

The CDC reports 1 in 5 Americans are caregivers and 1 out of 7 adults expect to be caregivers in 2 years. You don't have to do it alone, Bay Aging is providing free support groups. Convenient times to fit your busy schedule! 2nd Wednesday of every month at 4:30 pm (in person meeting at Gloucester Day Break) 3rd Wednesday every month at 12:00 pm 4th Thursday every month at 5:00 pm You can join virtually or call in toll free! Individual support or counseling also available. To Join our caregiver mailing list and receive the meeting link call us at: 1-800-493-0238