

# MI VIRTUAL CAREGIVER SUPPORT GROUPS



Below are three virtual support group options (General, Dementia, and Kinship) for you to join. These support groups will discuss issues, challenges, and concerns that caregivers face. See topics below.

These groups are informal and provide dialogue along with peer support. Participants will be able to reflect and connect with others in a similar situation.

## Zoom Meeting Link:

Meeting ID: 876 5118 1524

or

Dial by Phone: 1.312.626.6799

Scan the QR  
Codes to join  
the Zoom link.



## RELATIVES RAISING RELATIVE'S CHILDREN - (KINSHIP) CAREGIVER SUPPORT GROUP

Second Thursday of the month  
from 10:00 a.m. - 11:30 a.m.

## DEMENTIA CAREGIVER SUPPORT GROUP

First Wednesday of the month  
from 5:00 p.m. - 6:30 p.m.



## GENERAL CAREGIVER SUPPORT GROUP

First Monday of the month from  
5:30 p.m. - 7:00 p.m.



## SUPPORT GROUP TOPICS:

- **January:** Setting Healthy Boundaries
- **February:** Understanding Grief and Loss
- **March:** Caregiver Burnout Compassion Fatigue
- **April:** Effective Communication
- **May:** Dealing with Family Issues
- **June:** Helpful Tools and Technology
- **July:** Asking for Help
- **August:** How to Cope with Lack of Sleep
- **September:** Home Safety/Fall Prevention
- **October:** In-Home Help
- **November:** Caregiving During the Holidays
- **December:** Self-Care

