

Caregiver Connection

Support Group for Family Caregivers of Adults with Dementia or Special Needs



The Caregiver Connection provides ongoing educational and emotional support for caregivers of adult family members with dementia or special needs.

Join us each month to take part in group discussions led by licensed professionals and learn more about:

- Benefits of connecting with others
- Accepting your feelings
- Changing roles and relationships
- Importance of attending to your own needs
- Reducing caregiver strain
- Coping strategies
- Planning for the future
- Accessing community resources

Participants are encouraged to bring their lunches; dessert will be provided.



Date & Time

First Wednesday of Every Month

12:15 – 1:15 p.m.

Location

Island Community Center
Suite B101, Sand Dollar Room
4700 Broadway, Galveston, TX 77551

Facilitators

Amy Barrera-Kovach, LCSW, CCM
Sr. Social Worker, UTMB Health

Deborah Goolishian, MA, LMFT, LPC
EAP Consultant, UTMB Health

Alice Williams, MS, LBSW
Executive Director, Libbie's Place

Facility Sponsor

Michelle Sierpina, PhD
Founding Director, OLLI at UTMB Health

Get More Info

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RSVP for Group

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