

Caregiver Support Group

Caregiving for a loved one is meaningful, but it can also be overwhelming.

You don't have to walk this journey alone.

Join our support group for caregivers on

Tuesday October 13th, 2026 @ 2PM

on 2nd floor

Tuesday October 27th, 2026 @ 2PM

in the AB Conference room

Facilitator: Trish Bowers, LCPC

Grief Counselor at Frederick Health Hospice

To learn more, contact Trish: 240-566-3709

or ask your Citizens Social Work staff.