



## CAREGIVER SUPPORT GROUPS

Are you the caregiver of an older adult looking for education on various topics and the mutual support of other caregivers?

Please join us for one of our monthly caregiver support groups... virtual and in-person options available to ensure access to all who would like to join!

### In-Person Option

**Date:** 1<sup>st</sup> Wednesday of every month *\*with the exception of January*  
(January 8, February 5, March 5, April 2, May 7, June 4)

**Time:** 11:30am to 1:00pm

**Where:** Council on Older Adults, 339 Devers St, Fayetteville NC 28303

### Virtual Options

**Date:** 2<sup>nd</sup> Tuesday of every month  
(January 14, February 11, March 11, April 8, May 13, June 10)

**Time:** 5:00pm to 6:30pm

**Where:** Zoom

**Date:** 3<sup>rd</sup> Wednesday of every month *\*with the exception of January*  
(January 22, February 19, March 19, April 16, May 21, June 18)

**Time:** 11:30am to 1:00pm

**Where:** Zoom

To RSVP for the in-person group or receive the Zoom invitation for the virtual group,  
please contact Lisa Hughes  
Call: 910-484-0111 ext 242  
Email: lhughes@ccccooa.org