

New Virtual Support Group for Family Caregivers

Are you caring for your parent?



Caring for Parents Support Group

Your parents took care of you, and now you must take care of them. You love them and want to help them, but their needs are so extensive, you're stressed juggling your life and your family, while you manage your parents and all their affairs.

You are not alone. Duet has launched a support group geared toward you. Others who are in your shoes "get it." You can come together to share challenges, as well as discover tips and resources to help you cope. Research indicates caregivers who participate in support groups benefit from overall improvements in physical and mental health.

You're doing the right thing for your parents. Now do the right thing for yourself. You need to remain strong to be able to tend to your parents, your family and your own welfare. During this time of COVID, our meetings are virtual, via Zoom. You'll need a computer, tablet or phone with camera and sound capabilities. Please contact us so we can send you the link.

Date: 1st and 3rd Saturday of every month
Time: 3 – 4:30 p.m.
Location: Virtually, via Zoom
Cost: Free-or-charge
RSPV: Deanne Poulos (602) 274-5022, ext. 115, or poulos@duetaz.org



Duet
Partners In Health & Aging