

Rare Caregivers Support Group

Get no-cost support from those who understand



Why Join

Peer led support groups offer a space for you to connect, share experiences and receive guidance in an environment that nurtures your wellbeing.

What to Expect

Support group sessions will be held every 2 weeks. Each session will focus on a specific topic relevant to your journey. We hope that these topics empower you with insight and offer you the tools you need to navigate challenges. A trained peer support lead will offer shared practical skills and knowledge.

Who?

- Rare Caregivers
- Support Systems (for example, family, friends, co-workers)

When? Every other week

Upcoming Sessions

- Monday January 8th
8pm-9pm EST
- Monday January 22nd
8pm-9pm EST
- Monday February 5th
8pm-9pm EST
- Monday February 19th
8pm-9pm EST
- Monday March 4th
8pm-9pm EST
- Monday March 18th
8pm-9pm EST



For any questions, please email:
mmaurer@giveanhour.org



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