



# Enrichment Center Caregiver Calendar

## March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
<b>4</b> 10am: Caring Connection Support Group	<b>5</b> 1pm: Caregiver Time Out	<b>6</b> 10am: Diabetes Support	<b>7</b> 12pm: Alzheimer's Support (Family Dynamics w/ Marcy Simpson – Bring Your Lunch)	<b>8</b>
<b>11</b> 6:30pm: MS Support Group	<b>12</b> 1pm: Caregiver Time Out	<b>13</b>	<b>14</b> 1pm: Grief Support Group 1pm: Stroke Support Group	<b>15</b>
<b>18</b> 6pm: ANGELS Caregiver Support Group	<b>19</b> 1pm: Caregiver Time Out	<b>20</b> 10:30am: Parkinson's Disease Support Group 2pm: Down But Not Out – Addressing Depression	<b>21</b> 1pm: Alzheimer's Support (Long Term Care Seminar)	<b>22</b>
<b>25</b>	<b>26</b> 1pm: Caregiver Time Out	<b>27</b>	<b>28</b> 10am: Grandparents Raising Grandchildren Support	

*Signups for all programs are strongly encouraged in case of cancelation. You can RSVP at (919) 776-0501 ext. 2201.*

*Please call Holly Hight, Caregiver Specialist, at (919) 776-0501 ext. 2230 for more information regarding these programs or for further assistance.*