

# Caregiver Support Group Options



**SEPTEMBER 2020**

**DUE TO THE CORONAVIRUS ALL SUPPORT GROUPS ARE NOW  
BY ZOOM OR CALL INS!**

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**Wednesday, September 2<sup>nd</sup> 1:00 p.m. – 2:00 p.m.**  
**Share and Support for all caregivers**

**Wednesday, September 9<sup>th</sup> 6:00 p.m.–7:00 p.m.**  
**Share and Support for Caregivers of Spouses/Partners**

**Wednesday, September 16<sup>th</sup> 1:00 p.m. – 2:00 p.m.**  
**Share and Support for All Caregivers**

**Wednesday, September 23<sup>rd</sup> 1:00 p.m.-2:00 p.m.**  
**Share and Support for Later Caregiving/After Caregiving**

**Wednesday, September 23<sup>rd</sup> 6:00 p.m.-7:00 p.m.**  
**Share and Support for Caregivers of Parents/Grandparents**

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**To join a caregiver support group, please call or email Sandy Ostby or Vicki Patterson.  
The meeting invitation will then be sent or given to you.**

**Also, we are available to provide caregiving support and resources.**

**Sandy Ostby at 651-234-2249, [sandy.ostby@darts1.org](mailto:sandy.ostby@darts1.org) or  
Vicki Patterson at 651-234-2255, [victoria.patterson@darts1.org](mailto:victoria.patterson@darts1.org)  
DARTS main number 651-455-1560**