



CENTRALINA
Area Agency on Aging

Online Caregiver Support Group

We want to support you while you care for a loved one.

We encourage you to take the time to join us.
Through the support group you can:

- Reduce feelings of isolation
- Discuss caregiver victories and frustrations.
- Meet other caregivers in the area.
- Learn about local resources

**Support Group
Facilitators:**

Austin Caton-Isham
Aging Specialist

Kelsey Lieugh
Aging Specialist

**Every Third
Wednesday of the
Month**

1:00 p.m. – 2:00 p.m.

**Caregivers that
provide care for an
older adult.**

**Contact for more
details.**

Have any questions?

Austin Caton-Isham at 704-348-2708 or email at

acaton@centralina.org