

# PrimeplusCares

## **CAREGIVER SUPPORT ZOOM GROUP**

**1st & 3rd Wednesday of every month at 7 PM**

The caregiver support group hosted by Primeplus Senior Centers is open to all caring for a loved one.

This group is a safe space to discuss the stresses, challenges, and rewards of caregiving.

**Participants can join our Zoom Meeting  
the 1st & 3rd Wednesday of every month**

It's simple, just email at [crandolph@primeplus.org](mailto:crandolph@primeplus.org)  
and we will send you the Zoom Link!



Please contact Primeplus at 757.625.5857 or via email at [crandolph@primeplus.org](mailto:crandolph@primeplus.org) with any questions.  
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