Heart to Heart: Caregiver Conversations

Are you taking care of an elderly parent or an adult with long term needs? Are you feeling unsure on how to take care of your love one or feeling stretched in every which way? If so, please join other co-workers in a bi-monthly support group to discuss resources and services available to assist you.

Caregiver Support Group

2nd and 4th Tuesday of the Month:

March 13th, March 27th, April 10th, April 24th,

May 8th, May 22nd

Building 31

NIDA Conference Room 1B63

12:30 pm to 1:30 pm

Facilitator : Dr. Michael Bowler

For more information, please contact Valarie Wright at 301-496-3164 or email wrightv3@mail.nih.gov

Sponsored by the ORS, Division of Amenities and Transportation Services & Division of Occupational Health and Safety

Individuals with disabilities who need Sign Language Interpreters and/or reasonable accommodation to participate in this session should contact Tonya Lee at 301-402-8180 or the Federal Relay at 1-800-877-8339.