

Open to all  
Monmouth  
University  
Employees

Are you the caregiver for a loved one? Please  
join us on the first Tuesday of each month  
from 12:00-1:00  
Location: Student Center Room 202A

# CAREGIVER

*Support Group*



Caregiving can be difficult and overwhelming. Our support group provides a space for open & honest discussion with others who are in various stages of their caregiving journey. Joining a support group can be a form of self-care, and caring for your emotions is an essential part of being the best you can be for your loved one.

Facilitated by: Christa Hogan, MSW, LCSW  
School of Social Work, Monmouth University

Topics: meditation for the caregiver, the power of positive affirmations, resource share, how to engage a loved one with dementia, caregiving through the lens of trauma, grief and loss, how to implement a self-care plan, and more!  
Meetings alternate between a structured topic format and an open discussion format.

If you have any questions please email:

Christa Hogan  
Chogan@monmouth.edu  
or

Jennifer Steinke  
jsteinke@monmouth.edu



Spring 2023 dates: 2/7, 3/7, 4/4, 5/2