

CARE

TALKS



A CAREGIVER SUPPORT PROGRAM

WHAT:

Personalized caregiver support
provided in two formats:

- One-on-one sessions with a Caregiver Specialist (by appointment).
- Group discussions on different topics relevant to caregivers.

WHEN:

**ONE-ON-ONE
APPOINTMENTS**
Available
Monthly

**GROUP
DISCUSSIONS**
Held
Quarterly

HOW:

Scan the QR code below to book a
one-on-one appointment with a Caregiver
Specialist or register for a quarterly group
meeting at one of our six 50+ Centers.



bit.ly/HoCo-CareTalks

FOR MORE INFORMATION, CONTACT

Earnestine Thomas

410-313-5969 (VOICE/RELAY)

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If you need this information in an alternate format, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay) or map@howardcountymd.gov (email). If you need accommodations to participate, contact MAP no later than one week prior to the event.