



# Care Talks

*Are you caring for an individual?*

*Come, take a break, and get ready for what may be next steps on your journey.*

*The Howard County Caregiver Support program is partnering with Visiting Angels to provide monthly care talks at our 50+ centers from 10 AM– 12 noon—See schedule below.*

*Join us for an informal facilitated conversation about important caregiving topics.*

**North Laurel**— 1st **Thursday** of each month

**Elkridge**— 2nd **Thursday** of each month

**East Columbia**— 3rd **Tuesday** of each month

**Glenwood** — 3rd **Thursday** of each month

**Ellicott City**— 4th **Tuesday** of each month

**Bain**— 4th **Thursday** of each month

**Please contact:**

**Earnestine Thomas, Caregiver Specialist,**  
**for more information at [ethomas@howardcountymd.gov](mailto:ethomas@howardcountymd.gov)**  
**or call 410-313-5969**

