

# Family Caregiver Support Group



**DIRECTION HOME**  
AKRON CANTON AREA AGENCY ON AGING & DISABILITIES

**Connect  
with family  
caregivers  
like you!**

**Support - Learn - Thrive**



You're invited to join Direction Home Akron Canton's **Family Caregiver Support Group!**

As a caregiver, it's easy to feel overwhelmed and isolated. Knowing where to turn to for help can feel impossible.

We can provide you with resources that will help alleviate some of that stress.

Connect with family caregivers who are in similar situations and find the support you deserve.



**Weekly Meetings**  
**Virtual on Zoom**  
**Mondays 1-2pm**

Facilitated by Theresa Niewiadomski, a Licensed Social Worker & certified Caregiving consultant with 25+ years of experience

**As a member of DHAD's Family Caregiver Support Group you'll:**

- Have access to online and mailed caregiver resources
- Hear from professional speakers once a month
- Connect with other Caregivers
- Access to one-on-one consultations with our caregiver consultant

\*Members do not need to be connected to DHAD programs

**Completely free!** To learn more or to join:

Please contact **Theresa Niewiadomski**, Family Caregiver Support Specialist  
**tniewiadomski@dhad.org** OR **330-899-5243**