

Community Health Education & Outreach

Free Caregiver Counseling

Caring for an aging loved one with an ongoing illness can be very demanding. Talking about the stresses of caregiving with a professional counselor can provide relief.

Free individual, confidential counseling is available through Community Health Education and Outreach. To qualify, the person receiving care must reside in Ocean County and be at least 60 years old. There is no charge for this service thanks to funding received through a grant from the Office of Senior Services and support from the Community Medical Center Foundation.

Free Caregiver Support Group

Are you or is someone you know a caregiver?

- Is it difficult to juggle the demands of your life and the needs of your parent, spouse, or other family member?
- Do you find yourself becoming angry and frustrated at times?
- Do you feel you have no quality time for yourself?
- Do you feel like no one understands your situation?

If you answered “yes” to any of these questions, you may be interested in joining our Caregiver Support Group.

**The Caregiver Support Group meets
every Tuesday 11 a.m. on Zoom
and in person on Thursdays at 12:30 p.m.**

For more information, call 732-557-8131.