

ACT for Caregivers

Clinical Support Group for Caregivers

6 weeks

60-minute sessions

Virtual

August 28th-October 2nd

Wednesdays 6pm-7pm

Eligibility:

- **Service members, veterans, and their families (as defined by them) in DC, MD, VA, and WV**
- **...caring for anyone with chronic illness, disability, special needs, or PTSD (not just vets)...**
- **...at any intensity (live-in, regular visits, in rotation with other caregivers, or episodically).**

Connect with others and gain skills to take care of yourself while caring for a person with PTSD, chronic illness, disability, or special needs. Learn skills to support your own mental health, create a Self-Care Plan, and build community with other caregivers. Focus on you and build emotional flexibility to tackle the challenges of caregiving and self-care.

Call 240.847.7500 or email info.mfc@eseal.org to register



The Steven A. Cohen
Military Family Clinic
at Easterseals