

## Caregiver Class and Support Group

Age Requirements

18 and over

Family

No

Intake Process

Visit the website, call the office

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Holy Cross Hospital

<https://www.holycrosshealth.org/>

<https://www.holycrosshealth.org/health-and-wellness/classes-and-support-groups/...>

Main

(301) 592-9124

1500 Forest Glen Road

20910 MD

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-5:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-5:00 pm

Friday: 9:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

Languages Spoken

English

Holy Cross Hospital offers support groups and classes that focus on caregiver issues. Free support groups provide a place for caregivers to share their sorrows and problems, their joys and successes, find solutions and share resources.

Powerful Tools for Caregivers Workshop is a FREE seven week program designed for family caregivers of adults with chronic conditions, including dementia, to take care of themselves. The tools can help a caregiver reduce stress, improve caregiving confidence, communicate needs, make tough decisions and more. This webinar is free.

Service Area(s)

Nationwide