

# Caregiver

## SUPPORT GROUPS | 2021



*Being a caregiver for a partner, parent, or loved one takes a great deal of time, effort, and hard work.*

*And you don't have to do it alone!*

**SourcePoint offers free caregiver support groups, both online and in-person.** Delaware County caregivers are invited to share experiences, meet other caregivers, discover new resources, and ask questions.

### ONLINE

Fourth Tuesday of each month, 10 a.m.

#### *How to Register*

To register for an online support group, contact Jessica Adams at 740-203-2399 or [jadams@MySourcePoint.org](mailto:jadams@MySourcePoint.org). To register for an in-person group, go to [MySourcePoint.org/caregiver](http://MySourcePoint.org/caregiver) or contact Jessica.

### IN-PERSON

**Second Tuesday, 9-10 a.m. or 6-7 p.m.**  
SourcePoint, 800 Cheshire Road,  
Delaware.

**Third Thursday, 5:30-6:30 p.m.**  
Community Library, 44 Burrer Drive,  
Sunbury.

**Fourth Wednesday, 5:30-6:30 p.m.**  
SourcePoint South Office, 1070 Polaris  
Parkway, Suite 200, Columbus.



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800 Cheshire Road, Delaware, Ohio 43015 | 740-363-6677 | [MySourcePoint.org](http://MySourcePoint.org)