

# Caregiver Coping Groups

## Extended through January 2021!



MassSupport is offering a series of coping groups for Caregivers  
December 16, 2020 through January 30, 2021

### What to Expect

- A virtual group of 10-12 of your fellow caregivers
- Guided discussion of your reactions to the pandemic
- Strategies on coping skills and ways to manage stress
- Participants highly encouraged to stay for the entire time (~90 minutes)

### About Us

We provide emotional support, coping strategies, resources, and up-to-date information during the COVID-19 pandemic. Our program is anonymous, confidential, and free.

### How to Sign Up

Groups are offered:

<b>Wednesdays at 11 AM</b> (by Zoom)	<b>Wednesdays at 7 PM</b> (by phone)	<b>Saturdays at 10 AM</b> (by Zoom)
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There are two ways to sign up for a Coping Group:

- 1) **Call the MassSupport toll free line at 888-215-4920.** Leave a message with your name, contact information (phone number and email address, if you have one), and the date and time of the group you want to attend; or
- 2) **Click the link on the second page of this flyer** for the group you want to attend. If the group you are trying to register for is full, you can register for another group or add your name to the waitlist at the bottom of the page

Instructions to join the group will be shared at least 24 hour prior to the scheduled group

# Caregiver Coping Group Schedule and Sign-Up

Wednesday 12-16-2020 11 am <https://forms.gle/qPRwE9qPwnsEzYj66>

Wednesday 12-16-2020 7 pm <https://forms.gle/Vmv34JBaMpgZbPyZ7>

Saturday 12-19-2020 10 am <https://forms.gle/NZHBJ1HKoQHFzJ5TA>

Wednesday 12-23-2020 11 am <https://forms.gle/MmGqzR6x5Re4e2Gg7>

Wednesday 12-23-2020 7 pm <https://forms.gle/98ebyy5PxtmSNix8>

Saturday 12-26-2020 10 am <https://forms.gle/bmGtF75Ky5esbDPr8>

Wednesday 12-30-2020 11 am <https://forms.gle/PdSeMQs7ndbNVVuS9>

Wednesday 12-30-2020 7 pm <https://forms.gle/Cf1UmnkZwwYGSmZw9>

Saturday 1-2-2021 10 am <https://forms.gle/uiwUQbWxMDuWyRF87>

Wednesday 1-6-2021 11 am <https://forms.gle/8jXXteSzsLH4B9cH9>

Wednesday 1-6-2021 7 pm <https://forms.gle/WQQkaQitfCR6JEEu9>

Saturday 1-9-2021 10 am <https://forms.gle/X4vSHucr69a3Qtcs7>

Wednesday 1-13-2021 11 am <https://forms.gle/5QLqkSnTh6f7zYRq5>

Wednesday 1-13-2021 7 pm <https://forms.gle/kjGpY4rKdfLMrWEE9>

Saturday 1-16-2021 10 am <https://forms.gle/JUWyiHCbXeuKcKas9>

Wednesday 1-20-2021 11 am <https://forms.gle/rAbffHStPxxy6FCd9>

Wednesday 1-20-2021 7 pm <https://forms.gle/uLGcbaxXyhpdp3P6e7>

Saturday 1-23-2021 10 am <https://forms.gle/ce3rg8iPRbJd1uA96>

Wednesday 1-27-2021 11 am <https://forms.gle/Jrnw95hgGV7Aey5CA>

Wednesday 1-27-2021 7 pm <https://forms.gle/xr4jVianqhTpY17k9>

Saturday 1-30-2021 10 am <https://forms.gle/qEA5GSQfqDVP5rAaA>

Coping Group Waiting List <https://forms.gle/sVPvx9Wmi7ZicuT36>