



CARE CONNECT



Caregiver Support Group

New Horizons invites you to join CARE CONNECT! This FREE community group is for family and non-family caregivers, who provide care for an adult with an intellectual or developmental disability.

CARE CONNECT is a monthly gathering where caregivers build relationships, attend workshops led by professionals, share resources and referrals, provide mutual support, develop new coping strategies, and find comfort, strength and hope in a compassionate and safe environment.



Meeting Information

Dates (subject to change)

- March 24th
- June 23rd
- Sept 22nd
- Dec 15th
- April 21st
- July 21st
- Oct 20th
- May 19th
- Aug 18th
- Nov 17th

Schedule

5-6pm Dinner Provided (Optional)

6-7:30pm CARE CONNECT

7:30-8pm Discussion & Dessert (Optional) *Bring a dessert to share*

Location

13821 Newport Ave. Suite 150, Tustin, CA 92780

Reasons to Join and Contribute to the Group

1. Learn to accept help, ask for help, and acknowledge your strengths as a caregiver.
2. Be confident in knowing that you are not alone.
3. Develop new friendships and get helpful information.
4. Express your feelings to reduce caregiver stress.



For additional information, contact:
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