



# ADULT CAREGIVING SUPPORT GROUP

## Monthly On-Campus Meetings

If you are a Mason faculty or staff member currently caring for an adult loved one (i.e. adult child, spouse/partner, parent), please join us for a monthly lunchtime meeting. Sessions will provide opportunities for members to share stories, strategies, and resources to navigate the unique challenges of adult caregiving.



**ARE YOU CARING  
FOR A SPOUSE OR  
ADULT LOVED  
ONE?**

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**WANT TO  
CONNECT WITH  
OTHER  
CAREGIVERS?**

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**NEED EXTRA  
RESOURCES?**

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### MEETING DATES:

**JANUARY 12  
FEBRUARY 2  
MARCH 2  
APRIL 6  
MAY 4  
JUNE 1  
JULY 6  
AUGUST 3  
SEPTEMBER 7  
OCTOBER 5  
NOVEMBER 2  
DECEMBER 7**

**MERTEN HALL  
ROOM 4102  
12:00PM - 1:00PM**

Life/Work Connections

HUMAN RESOURCES & PAYROLL  
George Mason University  
MS 3C3  
703-993-2600  
worklife@gmu.edu  
hr.gmu.edu/worklife