

CAREGIVER SUPPORT AND EDUCATION GROUPS

Free / SPONSORED BY COUNCIL ON AGING ST. TAMMANY



COUNCIL ON AGING ST. TAMMANY

EDUCATION SUPPORT FELLOWSHIP

It's free. You'll never pay for a session.

We get you. Discuss what you want with other caregivers who understand.

No reservations or commitment. Stop by when it's easy for you.

It's safe. You can share frustrations and trust the group to keep it confidential.

It's informal. We discuss important topics, but love to laugh.

It's easy to join us. There are in-person and virtual ways to participate.

January - February 2026

Please note the different locations/virtual. Dates are Tuesdays unless stated otherwise.

Physical addresses for In-Person dates:

Slidell Sr. Activity Center, 610 Cousin St., Slidell, LA 70458

Covington Sr. Activity Center, 19404 N. 10th Ave., Covington, LA 70433

January 6th, 6pm (in-person)

*@ **Slidell** Sr. Activity Center*

January 13th, 6pm Virtual - Zoom

January 20th, 6pm (in-person)

*@ **Covington** Sr. Activity Center*

January 27th, 6pm Virtual - Zoom

February 3rd, 6pm (in-person)

*@ **Slidell** Sr. Activity Center*

February 10th, Virtual

February 19th, (Thursday) 6pm (in-person)

*@ **Covington** Sr. Activity Center*

February 24th 6pm Virtual - Zoom

Celebrating 10 years and over 400 weekly Sessions since April 2015

Groups are facilitated by **Matt Estrade, MA, MBA, Gerontologist**

Questions or need the Virtual Zoom info? Call/text 504-350-8651

Visit http://eepurl.com/gTGG_b

or scan the QR code with a smartphone to join the reminder list:



If this flyer is out-of-date, visit here for the most current flyer:

<https://www.coastseniors.org/caregiver-support>