

CAREGIVER SUPPORT AND EDUCATION GROUPS
SPONSORED BY COUNCIL ON AGING ST. TAMMANY (COAST)



COUNCIL ON AGING ST. TAMMANY

ALL SESSIONS ARE FREE

EDUCATION SUPPORT FELLOWSHIP

Attendees do not need to be caregivers

Until further notice, the support groups are via Zoom phone or video conferencing

There are choices on how you can join us:

1) Dialing on any phone: 1-929-436-2866

When asked, the Meeting ID is 980 6739 5749# (after the numbers, hit the # key)

or

2) On your computer: <https://zoom.us/j/98067395749>

Note on the computer option: You can listen with computer audio or choose to call in by phone.

or

3) Download the Zoom App and enter meeting ID: 980 6739 5749

2022	
<i>May 3rd 5pm</i> <i>May 10th 5pm</i> <i>May 17th 5pm</i> <i>May 24th 5pm</i> <i>May 31st 5pm</i>	<i>*3 meetings*</i> <i>June 7th pm NO Meeting</i> <i>June 14th 5pm</i> <i>June 21st 5pm</i> <i>June 27th 5pm (Monday)</i>

Celebrating 7 years and over 330 weekly Sessions since in April 2015

Thank you for your participation and support!

Email Matt to join the email reminder list.

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

504-339-1757 Matt@CarePartnerMentoring.com

Join Matt on COAST's Facebook page (<https://www.facebook.com/COASTSeniors>)

Every Wednesday at 12pm-12:10pm for Caregiver Coffee Talk Live

Send Matt your caregiving questions for him to answer on video