





LIFE Senior Services Caregiver Support Groups

The role of caregiver is complex and the responsibilities can be overwhelming. **Support groups** provide a safe and confidential space for caregivers to share their personal experiences and feelings, to learn coping strategies, and to troubleshoot difficult issues with others that are in similar situations. LIFE Senior Services caregiver support groups are offered at each of our Adult Day Health locations. These groups are open to the general public and respite is provided at no cost.



If you'll be utilizing **respite services**, your loved one must be enrolled in LIFE's Adult Day Health program. There is no cost, but please notify the Family Assistance Coordinator at the location of your choice prior to attending the support group, so they can walk you through the enrollment process. Their extension numbers are listed below.

SUPPORT GROUPS IN 2022

 Location	 Day of the Week	 Time	 Respite
LIFE's Adult Day Health – Broken Arrow	Last Thursday of the Month	1:30 – 2:30 p.m.	(918) 664-9000, ext. 1510
LIFE's Adult Day Health – Central (31st St.)	Third Tuesday of the Month	5:30 – 6:30 p.m.	(918) 664-9000, ext. 1171
LIFE's Adult Day Health – North & LIFE PACE	Second Thursday of the Month	4 – 5 p.m.	(918) 664-9000, ext. 1323

For more information call (918) 664-9000 or
visit www.LIFEseniorservices.org



SUPPORT GROUP DATES 2022

May

North	May 12	4:00 pm
Central	May 17	5:30 pm
Broken Arrow	May 26	1:30 pm

June

North	June 9	4:00 pm
Central	June 21	5:30 pm
Broken Arrow	June 30	1:30 pm

July

North	July 14	4:00 pm
Central	July 19	5:30 pm
Broken	July 28	1:30 pm

August

North	August 11	4:00 pm
Central	August 16	5:30 pm
Broken Arrow	August 25	1:30 pm

September

North	September 8	4:00 pm
Central	September 20	5:30 pm
Broken Arrow	September 29	1:30 pm

October

North	October 13	4:00 pm
Central	October 18	5:30 pm
Broken Arrow	October 27	1:30 pm

November

North	November 10	4:00 pm
Central	November 15	5:30 pm
Broken Arrow	November 1	1:30 pm

December

North	December	4:00 pm
Central	December 20	5:30 pm
Broken Arrow	December 29	1:30 pm

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