

It is important to stay connected during this time of social distancing, so our Caregiver Specialists are available if you need to talk to someone.

Taking care of someone else can be stressful, under 'normal circumstances'.

Please let us know how we can help.



We are here for you!

- Talk to a Caregiver Specialist over the phone
- Telephone Support Groups
- Online Stress-Busting Programs
- Caregiver Teleconnection sessions

Contact us:

P: 1-866-390-6491

E: caregiversos@wellmed.net

W: www.caregiversos.org

