



Counseling Support Group Schedule 2022

Counseling Services are offered for caregivers and seniors through a variety of programs that include opportunities to meet with a counselor individually and attend support groups. Caregiver support is available online and in person to those who meet the Area Agency on Aging Caregiver definition and functional limitations through Individual Counseling, Support Groups, Caregiver Training, and Caregiver Information Services. Caregiver Training is available through Caregiver Circles (educationally focused caregiver support groups) and CGIS (Caregiver Information Services) which are education programs provided in the community. Anyone participating in Individual Counseling, Support Group (either OPEN or CLOSED) and Caregiver Circle is required to complete the Wellness Center for Older Adults Client Intake Form(s) and Group Guidelines as appropriate. Caregivers who meet the Area Agency on Aging qualifying factors are required to provide additional information for the Area Agency on Aging Caregiver Profile.

Individual Caregiver (CG) Counseling is provided by a licensed therapist in one-on-one counseling sessions designed to meet the unique needs of caregivers who are experiencing issues of transition, loss, adjustment, anxiety, depression, caregiving stress, and other mental health concerns. We do not provide medication management.

Caregiver (CG) Support Groups are facilitated support groups, led by a trained facilitator, and designed to encourage peer supported relationships and networking with others who understand the caregiving journey.

CLOSED Groups attendance requires an individual meeting with the Counselor prior to attendance and participants must complete all required paperwork prior to attendance. Caregiver Grief Groups and Caregiving Training via Caregiver Circles are closed groups due to the directed, educational, and therapeutic focus provided with limited seating capacity. Prior meeting with counselor is required to attend.

OPEN Groups are available to those who qualify for the particular group and complete all required paperwork prior to attendance. The Mental Health Coping Groups and Caregiver Support Groups are open groups due to the non-directed, supportive nature, and group led focus on sharing similar life experiences.

Zoomer Boomer Groups are provided online via Zoom. These Caregiver Support Groups are open to the public and no prior meetings with the Counselor is required. Please complete all required paperwork and provide email if interested in attending so that the Zoom invite and details can be emailed to you.

	Monday GROUPS - OPEN	Tuesday GROUPS	Wednesday GROUPS - CLOSED
1 st	3:00-4:30 OPEN Senior Support: Mental Health Coping 5:30-7:00 OPEN Caregiver Support: Dementia		9:30-11:00 CLOSED Caregiver Circle 11:00-12:30 CLOSED Caregiver Grief Support 3:00-4:30 CLOSED Caregiver Circle
2 nd	3:00-4:30 OPEN Caregiver Support: Mental Health 5:30-7:00 OPEN Caregiver Support: Mental Health	6:30-8:00 OPEN via Zoom Zoomer Boomers Caregiver Support	9:30-11:00 CLOSED Caregiver Circle in Plano 11:00-12:30 CLOSED Caregiver Grief Support 1:30-3:00 OPEN via Zoom - Zoomer Boomers 3:00-4:30 CLOSED Caregiver Circle in Plano
3 rd	3:00-4:30 OPEN Senior Support: Relationship Coping 5:30-7:00 OPEN Caregiver Support: Chronic Illness		9:30-11:00 CLOSED Caregiver Circle in Plano 11:00-12:30 CLOSED Caregiver Grief Support 3:00-4:30 CLOSED Caregiver Circle in Plano
4 th	3:00-4:30 OPEN Caregiver Support: Nonspecific 5:30-7:00 OPEN Caregiver Support: Nonspecific		9:30-11:00 CLOSED Caregiver Circle in Plano 11:00-12:30 CLOSED Caregiver Grief Support 3:00-4:30 CLOSED Caregiver Circle in Plano