



# Be Well at Work

## *Faculty/Staff Health Programs*

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### **Be Well at Work Faculty/Staff Caregiver Support Groups**

#### **Caregiver Connect (for Caregivers of Elders)**

1st Tuesday of the month, and the 3rd Friday of the month from 11 am -12 pm

As caregivers of elders, you are dealing with unique challenges at this time. These small group meetings will focus on a different topic each month. The format will consist of a brief introduction by Maureen Kelly, LCSW, BWAWElder Care Counselor, with discussion and Q & A to follow. You are welcome to drop-in for any subject of interest.

#### **Supporting Parents and Caregivers of Children**

2nd Wednesday of the month 11 am - noon, and the 4th Wednesday of the month from 12:30 - 1:30 pm

Working from home, working without adequate or any childcare, distance learning, home schooling, college students at home, and being with your children 24/7 are only a few of the challenges parents face during COVID 19.

The group meetings will be topic based to provide a focus. The format will consist of a brief introduction to the topic by Leslie Bell, PhD, LCSW, BWAWEmployee Assistance Counselor, and Karen Patchell, MA, BWAWEProgram Manager, followed by discussion and Q & A. You are welcome to drop-in for any subject of interest.