



## GNJ Caregiver's Lounge

- Peer Support
- Stress Relief
- Emotional Nurturing
- Self-Care Strategies
- Resource Access
- Education & Empowerment
- Social Engagement
- Time for Yourself
- Inspiration & Motivation

**Every Third Wednesday  
of Each Month**

**Caregiver Lounge**

**5:00pm – 7:00pm**

**WHERE:** GNJ Senior Center

**4817 Blagden Avenue, NW**

**Washington, DC 20011**

**Phone:** 202-723-8668

**Caregivers Support Group  
Every Third Saturday**

**11:00 am -12:00 pm**

**Conference call**

**1-425-436-6335 x 799162**