

# ACT for Caregivers

## Clinical Support Group for Caregivers

**6 weeks**

**60-minute sessions**

**Virtual**

**August 28th-October 2nd**

**Wednesdays 6pm-7pm**

### Eligibility:

- **Service members, veterans, and their families (as defined by them) in DC, MD, VA, and WV**
- **...caring for anyone with chronic illness, disability, special needs, or PTSD (not just vets)...**
- **...at any intensity (live-in, regular visits, in rotation with other caregivers, or episodically).**

*Connect with others and gain skills to take care of yourself while caring for a person with PTSD, chronic illness, disability, or special needs. Learn skills to support your own mental health, create a Self-Care Plan, and build community with other caregivers. Focus on you and build emotional flexibility to tackle the challenges of caregiving and self-care.*

**Call 240.847.7500 or email [info.mfc@eseal.org](mailto:info.mfc@eseal.org) to register**



The Steven A. Cohen  
Military Family Clinic  
at Easterseals