

Area Agency on Aging Caregiver Support Group

Join us as we build a community where caregivers, past and present, find understanding, friendship, encouragement, and hope.



Area Agency on Aging
of Somerset County

reaching out, making a difference

For more information:

Call: 814-443-2681

Email: webmaster@somersetaaa.org

Benefits of a Caregiver Support Group

- A Place To Connect

A welcoming, judgement-free space to share experiences, celebrate victories, discuss challenges, and learn practical strategies from people who truly understand.

- All Caregivers Are Welcome

Whether you're currently providing care or have been a caregiver in the past, your experiences are valuable. Your story could be exactly what another caregiver needs to hear.

- Heal, Reflect & Find Hope

Caregiving doesn't always end when the role does. Sharing your journey can honor your loved one, bring connection, and help you find hope.

- Listen, Share, Encourage

There's no expectation to have all the answers. Sometimes the greatest gift is listening. Other times, it's a practical tip or a reminder that you are not alone.

Held at the Area Agency on Aging of Somerset County
every other month. Virtual option available.