



APDA
Care Partner
Connection™

A **FREE** eight-week support program for **care partners of people with Parkinson's disease (PD)**, offering a space to connect, share, and learn.

Are you a care partner to a family member or friend who is in the earlier stages of PD?

Do you find yourself...

- Having many questions about the practical concerns of caregiving?
- Experiencing worries or uncertainty about planning for the future?
- Coping with emotions like stress, anxiety, and grief?
- Noticing changing roles in your relationship?

Mondays
Sep 29 - Nov 17
1 - 2:30 PM ET

A virtual program
(Zoom)

If so, the American Parkinson Disease Association's (APDA) specialized eight-week program for care partners may be a good fit for you.

APDA MA Care Partner Connection offers the opportunity to connect with other care partners for emotional support and sharing. The group also provides education about planning for the future and practical resources. This group was designed for care partners who are looking for a space to share their feelings and learn more about PD caregiving considerations.

Facilitated by Sarah Singer, LICSW.

Space is limited and registration is required

To register, visit <http://bit.ly/3UoD92J>, email apdama@apdaparkinson.org.

For additional information, contact Cathi Thomas at 617-638-8466

apda AMERICAN
PARKINSON DISEASE
ASSOCIATION
MASSACHUSETTS CHAPTER

Strength in optimism. Hope in progress.

Get in touch

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