

# Virtual Caregiver Support Group

**The Arbors**  
OF BEDFORD  
A BENCHMARK  
MIND & MEMORY COMMUNITY

## Caregivers ~ Join us via Zoom!

We will be hosting Live Facilitated Zoom Calls for all to Join!

**Wednesdays** ~ 11am-12:30pm

**Fridays** ~ 1-2:30pm

**2<sup>nd</sup> Saturday** ~ 11:30-1pm

(We are starting with these 2 times and will make adjustments as needed)

\* We are looking at creative ways to continue to support you and your loved ones while we are also in this unprecedented time of social distancing. \*

~ **What is Zoom ?** A free online platform that you can access via computer, smartphone, or on the phone.

~ **How to Log On?**

<https://zoom.us/j/9338278968>

Meeting ID: 933 827 8968

Mobile

+16465588656 – Enter Code 9338278968# US