



# COMMISSIONERS OF CUMBERLAND COUNTY

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**September 27, 2017**

**FOR IMMEDIATE RELEASE**

**MEDIA CONTACT:** Rachel Bryson, Communications Director  
717.706.0001

## *Office of Aging to Host Caregiver Support Group*

**Cumberland County, Pa.** – Cumberland County Aging and Community Services will host a Caregiver Support Group the first Wednesday of every month, beginning October 4<sup>th</sup>. The support group is for individuals and families caring for a loved one to have a confidential and safe environment to share their individual experiences, learn from others on ways to cope, and achieve a renewed sense of hope.

The support group meetings will be the first Wednesday of each month from 5:30 – 6:30 p.m. at the Cumberland County Aging and Community Services office, 1100 Claremont Rd., Carlisle.

For more information on the support group, please contact Becky Fritz at [rfritz@ccpa.net](mailto:rfritz@ccpa.net) or call (717) 240-6110.

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