

Caregiver Support Group at the JCC



with Lisa Afflitto,
Licensed Clinical Social Worker (LCSW)

Wednesdays
September 18, October 16, November 20,
December 18, January 15, February 12, March 19,
April 23, May 21, June 18

7:30 - 8:45 p.m.

Raising a child with special needs is challenging and requires a unique approach. Join Lisa Afflitto, LCSW, for a monthly support group where caregivers can learn strategies to support their own mental wellness, share their experiences and meet/connect with other caregivers. This monthly group is free.

Lisa Afflitto is a seasoned Licensed Clinical Social Worker (LCSW), a NJ certified Special Education teacher and the owner of Integrative Therapy Solutions, LLC. Her clinical focus is in supporting adults (18+) and families, who are navigating life either as an individual with a disability, or as a caregiver to a child or adult with a disability.

Lisa has a passion for facilitating support groups and bringing caregivers together to connect in a supportive space.

For questions and registration,
contact Beth Mitchell, Director of Inclusion
and Diversity, at BMitchell@jccnj.org.

The JCC of Central NJ is committed to accessibility and inclusion.
To request accommodations, please contact Beth Mitchell
at bmitchell@jccnj.org at least two weeks prior to an event.



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