

Caregiver Support Group at the JCC



with Lisa Afflitto,
Licensed Clinical Social Worker (LCSW)

Wednesdays
October 18, November 15, December 20,
January 17, February 21, March 20, April 17,
May 15, June 19

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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