

CAREGIVER SUPPORT AND EDUCATION GROUPS

Free / SPONSORED BY COUNCIL ON AGING ST. TAMMANY



COUNCIL ON AGING ST. TAMMANY

ALL SESSIONS ARE FREE

EDUCATION SUPPORT FELLOWSHIP

2 meetings per month are “virtual” and there are choices on how you can join us:

1) Dialing on any **phone**: 1-929-436-2866

When asked, the Meeting ID is 980 6739 5749# (after the numbers, hit the # key)

2) On your **computer**: <https://zoom.us/j/98067395749>

Note on the computer option: You can listen with computer audio or choose to call in by phone.

3) Download the **Zoom App** and enter meeting ID: 980 6739 5749

2025

Please note the different locations/virtual. Dates are Tuesdays unless stated otherwise.

Physical addresses for In-Person dates:

Slidell Sr. Activity Center, 610 Cousin St., Slidell, LA 70458

Covington Sr. Activity Center, 19404 N. 10th Ave., Covington, LA 70433

January 7th, 6pm (in-person)

@ **Slidell Sr. Activity Center**

January 14th, 6pm Virtual

January 21st, 6pm 6pm (in-person)

@ **Covington Sr. Activity Center**

January 28th, 6pm Virtual

February 4th, 6pm (in-person)

@ **Slidell Sr. Activity Center**

February 11th, 6pm Virtual

February 18th, 6pm (in-person) @

Covington Sr. Activity Center

February 25th, 6pm Virtual

Celebrating 9 years and over 400 weekly Sessions since April 2015

Groups are facilitated by **Matt Estrade, MA, MBA, Gerontologist**

Questions? Call/text 504-350-8651

Visit http://eepurl.com/gTGG_b

or scan the QR code with a smartphone to join the reminder list:



If this flyer is out-of-date, visit here for the most current flyer:

<https://www.coastseniors.org/caregiver-support>