



The Arc of  
Litchfield County, Inc.

# Family News

September 2015

## LARC Introduces New Family Caregiver Support Group



Family caregivers that provide support for a son, daughter, sibling, or other relative are invited to attend the first meeting of LARC's Support Group on **Monday, September 14<sup>th</sup>**. The group will meet from 6 pm to 7:30 pm at LARC (314 Main Street, Torrington).

The purpose of the Family Caregiver Support Group is to:

- Help families gain new information
- Provide mutual support
- Provide additional resources and networking opportunities
- Learn how to advocate on behalf of your loved one
- Learn the importance of self-care

The support group will be led by Nicole Cornell,

a licensed clinical social worker and a family member of an individual with a developmental disability.


Nicole has worked with a large variety of populations over the last nine years, having held positions in developmental disability, medical, behavioral health, and primary care settings. While completing her masters of social work, Nicole worked for LARC; first as a QMRP and then as DSO Coordinator. Nicole is currently employed by Integrated Care Partners as a community care manager where she focuses on assisting patients, and their families, with accessing community resources, as well as state and federal benefits, in primary care offices. She is also a clinical education consultant at LARC.

Nicole is passionate about the mental health needs of individuals with developmental disabilities, as well as the self-care of their caregivers and we are pleased that she will be leading LARC's new Family Caregiver Support Group.

Please call 860-482-9364 for more information, or to register for the group.

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