



DEPARTMENT OF
**COMMUNITY &
HUMAN SERVICES**

The Caregiver Space **SUPPORT GROUP**

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Romita Afzal, LCSW, is a senior therapist with the Older Adult Mental Health Team at the City of Alexandria Community Services Board. A mental health professional for 13 years, she holds a bachelor's degree in psychology and a master's degree in clinical social work from George Mason University.

For the past six years, Afzal has provided therapeutic services to older adults, their families, and groups. She is passionate about supporting caregivers by creating space to address care-related challenges, prevent burnout, and enrich the caregiving experience. She has led numerous psychoeducational groups through Older Adult Clinical Services at the Department of Community & Human Services.

Outside of work, Afzal enjoys nature, reading, cooking, and spending time with her family.

We're excited to launch ***The Caregiver Space*** — a free monthly group for older adult caregivers to share challenges, experiences and support in a safe, welcoming space. Meetings begin in July and will be held the second Thursday of each month from 3 to 4 p.m. There is no cost to attend.

Adult Day Services Center, 1108 Jefferson St.