



SUPPORT GROUP

ROMITA AFZAL

Romita Afzal is a Licensed Clinical Social Worker (LCSW) working as a Senior Therapist with the Older Adult Mental Health Team at the City of Alexandria Community Services Board. She has been working as a mental health professional for 13 years. Romita has a bachelor's in psychology from George Mason University and has a master's in clinical social work from George Mason University.

Providing high quality therapeutic services to individuals, groups, and families of older adults for six years, she recognizes the need to support caregivers with a space where they can be assisted to work on their care related challenges, prevent burnout, and enrich their caregiving experiences. Romita Afzal, LCSW has run numerous psycho-educational groups working for Older Adult Clinical Services, City of Alexandria, DCHS. When she is not working with older adults or their families, you can find her enjoying nature, reading, spending time with family, or cooking to nourish her mind and body.



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We're excited to announce the upcoming launch of the caregiver space. The goal of this caregiver group is to provide a safe, nonjudgmental, and supportive space for older adult caregivers where they can fully express themselves, communicate their challenges and approaches, and receive or exchange useful information.

This monthly group meeting is an opportunity to reach out to others and receive support from those who have walked the path of caregiving. Meetings will start in July, and will be held second Thursdays (7/10, 8/14, 9/11, 10/9, 11/13, 12/11) every month from 3-4 pm as there is no cost.

Adult Day Services Center, 1108 Jefferson St, Alexandria, VA 22314