

# CAREGIVER SUPPORT GROUP

*Are you providing care for a loved one?  
Do you feel isolated? You are not alone!*

## **JOIN US AND DISCOVER:**

- New ways to problem solve, cope with change & handle challenges
- Benefits of making and taking time for your own well-being
- Comfortable sharing space with other caregivers
- Resources to support you on your caregiving journey



**Group:** Unpaid Caregivers of Seniors 55+

**When:** Every second Wednesday of the month  
Meeting dates for 2021:

February 10<sup>th</sup> | March 10<sup>th</sup> | April 14<sup>th</sup> | May 12<sup>th</sup> |  
June 9<sup>th</sup> | July 14<sup>th</sup> | August 11<sup>th</sup> | September 8<sup>th</sup> |  
October 13<sup>th</sup> | November 10<sup>th</sup> | December 8<sup>th</sup>  
1:00 - 3:00 P.M.

**Where:** Meetings are virtual. Join us for Zoom meetings from the comfort of your home

**Cost:** Free

**For more information contact Kate Kukor:**

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