

# Family Caregivers

## Join the Family Caregiver Support Group

1st and 3rd Fridays of every Month • 10:30-11:30 a.m.



**Are you responsible for the care of an adult family member or loved one?**

Consider participating in the Family Caregiver Support Group!

The Caregiver Support Group will help you:

- Learn about community resources for caregivers
- Learn stress management skills
- Share your story and connect with people who are going through the same experiences that you live with each day
- Receive encouragement, education, and support for those caring for loved ones
- Get help and help others
- Discover that you are not alone

## National Family Caregiver Program

Encouragement • Education • Support

For more information, please contact  
Christin McWhorter, Family Caregiver Support Group  
Coordinator at the Southeast Tennessee Area Agency  
on Aging and Disability, at 423-424-4288 or  
[cmcwhorter@sedev.org](mailto:cmcwhorter@sedev.org).

**Location: The Health Center at Standifer Place**  
2626 Walker Road  
Chattanooga, TN 37421

