

# Family Caregivers

Join the Caregiver Support Group

1st Monday of every Month • 1:00pm



National Family  
Caregiver Program

Encouragement • Education • Support

setcares

A DIVISION OF setd



**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

For more information, please contact  
**Christin McWhorter**

National Family Caregiver Support Group  
Coordinator at the Southeast Tennessee Area  
Agency on Aging and Disability,  
at 423-424-4288 or  
cmcwhorter@sedev.org

**Eastgate Senior Center**  
**5600 Brainerd Road**  
**Suite C-10-11**  
**Chattanooga, TN 37411**