

Family Caregivers

Join the Caregiver Support Group

1st Monday of every Month • 1:00pm



National Family
Caregiver Program

Encouragement • Education • Support

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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
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Agency on Aging and Disability,
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