Caregiver Conversations

Coffee, Cookies & You!

Do you often drop off groceries for a loved one? Do you drive them to doctors' visits? Help them with chores around the house? Then you are a **family caregiver** and we would love to hear from you!

Meet **FamilyMeans**, an agency serving family caregivers in your community. Learn about a variety of services already available to families, and give us your input on how you would like to see caregiver services **support you in the future.**

October 20
November 17
December 15

12:30pm-2:00pm

Forest Lake YMCA
Conference Room

Drop in for conversation and stay as long as you'd like. FamilyMeans staff will be there to answer questions and listen to your needs. ***No RSVP Required.***

FamilyMeans
CAREGIVING & AGING