



FamilyMeans
CAREGIVING & AGING

Caregiving & Beyond

Caregiving is full of rewards and challenges. When the person we care for dies, much of our caregiving role lingers on. It has a lasting impact on identity, interests, relationships, and more.

Join us quarterly in 2024 for resources, facilitated discussion, reflection, and support about life after caregiving.

Spring 2024

Wednesday, March 13th
10am-11:30am
FamilyMeans

Summer 2024

Wednesday, June 12th
10am-11:30am
FamilyMeans

Fall 2024

Wednesday, September 11th
10am-11:30am
FamilyMeans

Winter 2024

Wednesday, December 11th
10am-11:30am
FamilyMeans

Register by contacting Sarah Gavin at 651-789-4004
or email sgavin@familymeans.org

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