



**FamilyMeans**  
CAREGIVING & AGING

## Caregiver Support Group

A welcoming space for caregivers to learn and reinforce positive self-care, give and receive encouragement, and enjoy support and understanding from others in similar situations. With professional staff facilitation, the groups explore issues such as:

- Balancing roles and responsibilities
- Maintaining personal balance
- Understanding and dealing with the realities of chronic illnesses
- Developing support systems
- Accessing community resources

**Cottage Grove Program Center, Senior Center**  
**8400 E Point Douglas Road S**

**2<sup>nd</sup> Thursday of each month**  
**1:30pm to 2:30 pm**

**New participants are welcome.**  
**Learn more & register with Jenny West at**  
**[jwest@familymeans.org](mailto:jwest@familymeans.org) or 651-789-4015.**

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