



FamilyMeans
CAREGIVING & AGING

Caregiver Support Groups

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
- Planning for legal needs
- Understanding and dealing with the realities of chronic illnesses
- Coping with depression
- Developing support systems
- Accessing community resources

FamilyMeans now offers both in-person and virtual support groups for caregivers.

New participants are welcome. Pre-registration is required.

Our staff can help you find the group that best fits your needs!

See back for upcoming meeting information.

Learn more & register with Jocelyn Hayden at jhayden@familymeans.org or 651-439-4840

Funded under award with Trellis as part of Older Americans Act.



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Caregiver Support Groups

**Morning Virtual
Caregiver Support Group**

*1st & 3rd Wednesday
10:00 to 11:00 am*

Held via Zoom, registered caregivers receive an email reminder with the link to join the Zoom event.

If you need technology equipment to access virtual groups, contact us about borrowing an iPad.

**Stillwater In-person
Caregiver Support Group**

*2nd & 4th Tuesday
1:00 to 2:30 pm*

In-person support groups are held at 1875 Northwestern Ave, S, Stillwater, MN.

**Evening Virtual
Caregiver Support Group**

*3rd Wednesday
5:30 to 6:30 pm*

Held via Zoom, registered caregivers receive an email reminder with the link to join the Zoom event.

If you need technology equipment to access virtual groups, contact us about borrowing an iPad.

**Cottage Grove In-person
Caregiver Support Group**

*2nd Thursday
1:30 to 2:30 pm*

In-person support group held at Cottage Grove Program Center: Senior Center, 8400 E Point Douglas Road S, Cottage Grove, MN.

**Learn more & register with Jocelyn Hayden at
jhayden@familymeans.org or 651-439-4840**