



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 Deb Newton at dnewton@familymeans.org or 651-789-4046.

Funded under contract with the Metropolitan Area Agency on Aging, Inc. as part of the Older Americans Act Program.



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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.

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. When weather permits, these groups meet outdoors.

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.

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At this time, masks are welcomed in FamilyMeans facilities but are no longer required. We fully respect that some clients and staff will choose to continue to use masks, and we want all to feel comfortable and safe. We will continue to ensure adequate distancing and ventilation, and we ask that everyone maintain proper hand hygiene and stay home when ill. FamilyMeans will monitor public health guidance and make future adjustments. Please note that if a FamilyMeans program is held in another location, we must adhere to masking and COVID policies set by that location, which may differ from the policy in the FamilyMeans offices.