



**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](mailto: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

January to April 2022

### **Morning Virtual Caregiver Support Group**

*1<sup>st</sup> & 3<sup>rd</sup> Wednesday  
10:00 to 11:00 am*

*January 5<sup>th</sup> & 19<sup>th</sup>*

*February 2<sup>nd</sup> and 16<sup>th</sup>*

*March 2<sup>nd</sup> & 16<sup>th</sup>*

*April 6<sup>th</sup> & 20<sup>th</sup>*

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**

*2<sup>nd</sup> & 4<sup>th</sup> Tuesday  
1:00 to 2:30 pm*

*January 11<sup>th</sup> & 25<sup>th</sup>*

*February 8<sup>th</sup> & 22<sup>nd</sup>*

*March 8<sup>th</sup> & 22<sup>nd</sup>*

*April 12<sup>th</sup> & 26<sup>th</sup>*

In-person support groups are held at 1875 Northwestern Ave, S, Stillwater, MN. When weather permits, these groups meet outdoors.

FamilyMeans asks caregivers to wear a mask when in groups indoors at the agency.

### **Evening Virtual Caregiver Support Group**

*3<sup>rd</sup> Wednesday  
5:30 to 6:30 pm*

*January 19<sup>th</sup>*

*February 16<sup>th</sup>*

*March 16<sup>th</sup>*

*April 20<sup>th</sup>*

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

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