



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 2022 for resources, facilitated discussion, reflection, and support about life after caregiving.

Spring 2022

Wednesday, March 16th
10am-11:30am
FamilyMeans

Summer 2022

Wednesday, June 15th
10am-11:30am
FamilyMeans

Fall 2022

Wednesday, September 14th
10am-11:30am
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Winter 2022

Wednesday, December 14th
10am-11:30am
FamilyMeans

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