



FamilyMeans
CAREGIVING & AGING

Caregiver Support Groups

June, July & August 2021

During support groups, caregivers 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
- Understanding and dealing with the realities of chronic illnesses
- Coping with difficult emotions
- Developing support systems
- Accessing community resources

Effective June 2021, FamilyMeans offers both in-person and virtual support groups for caregivers. These groups are offered in a new schedule to offer more support opportunities each month. New participants are welcome. Pre-registration is required.

Learn more & register with Deb Newton at dnewton@familymeans.org or 651-789-4046.

Virtual Caregiver Support Group

*Morning Sessions
10:00 – 11:00 am*

On these Wednesdays

June 2, 16, & 30

July 7 & 21

Aug. 4 & 18

In-person Caregiver Support Group

*Afternoon Sessions
1:00 to 2:30 pm*

On these Tuesdays

June 8 & 22

July 13 & 27

Aug. 10 & 24

** limited to 10 attendees*

Virtual Caregiver Support Group

*Evening Sessions
5:30 - 6:30 pm*

On these Wednesdays

June 16

July 21

Aug. 18

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