



FamilyMeans
CAREGIVING & AGING

Caregiver Support Groups

At support groups, caregivers learn and reinforce good self-care, give and receive encouragement and enjoy support and understanding from others in similar situations. With professional staff leadership, 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

New participants are welcome. Pre-registration is requested. Please connect with our staff at 651-439-4840. Respite companionship and supervision for the person you care for may be available during the group. Ask for details when registering.

South Washington Caregiver Support and Education Group

Third Wednesday of each month

2:30pm – 4pm

All Saints Lutheran Church, 8100 Belden Boulevard, Cottage Grove, MN

Coffee and Conversation

Third Friday of each month

10am – 11am

FamilyMeans, 1875 Northwestern Avenue S. Stillwater, MN

Caring for Someone with Memory Loss

(for caregivers of people living with dementia)

First Wednesday of each month

1pm – 3pm

FamilyMeans, 1875 Northwestern Avenue S. Stillwater, MN

Co-facilitated by FamilyMeans social workers and Stillwater Medical Group physicians

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