



**FamilyMeans**  
CAREGIVING & AGING

## Caregiver Support Group

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
- Understanding and dealing with the realities of chronic illnesses
- Developing support systems
- Accessing community resources

**Cottage Grove Program Center, Monet Room (CE Library)**

**8400 E Point Douglas Road S**

**2<sup>nd</sup> Thursday of each month**

**12:30pm to 1:45 pm**

*2023 dates: September 14, October 12, November 9 and December 14*

**New participants are welcome.  
Learn more & register with Jenny West at  
[jwest@familymeans.org](mailto:jwest@familymeans.org) or 651-789-4015.**

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