

CAREGIVERS *Group* SUPPORT

FIRST WEDNESDAY OF EACH MONTH

Holden Senior Center

1:00 – 2:30pm



Let's face it, at times, caregiving can be difficult and lonely, but **you are not alone**. This community group is open to anyone who is currently caring for a loved one, family member, or friend. We invite you to join us in this supportive environment to share your experiences, connect with others, and learn about valuable resources. **We are here for you.**

Upcoming Meeting: December 6, 2023

Caregiving & the Holidays Navigating the Challenges

Don't forget to mark your calendars! Our next meeting is right around the corner, where we will be discussing the unique challenges of caregiving during the holiday season and taking sometime to celebrate each other this season.

Come join us to share informative insights, valuable resources, delicious holiday treats, and great company.



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