



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CAREGIVER SUPPORT GROUP

## SHARE & CARE – NETWORKING FOR CAREGIVERS

**Meets weekly on Fridays at 10:30 a.m. beginning 1/26/18  
YMCA Conference Room – FREE and open to the public**

Join a group of other caregivers to share ideas, support one another and vent. Caring for a loved one can be a daunting task, especially when you find that you've lost friends and freedom due to the demands of your caregiving responsibilities. Spend an hour with people who understand exactly what you are going through and learn from each other.

### Networking Opportunities

Find out about resources available to you. Learn about options that you may never have considered. Make friends who "get" what you're dealing with day in and day out.

### Support

Talk openly in a safe environment with people who are going through or have gone through the challenges of caregiving.

- Share your challenges
- Share your losses
- Share your suggestions



For more information contact  
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