

# Caregiver Support Group

Facilitated By Nicole Hutcheon

This group will offer a safe and confidential place to discuss the stresses, challenges, and rewards of being a caregiver.

It's a place to:

- Exchange info on caregiving problems and talk about possible solutions
- Talk through challenges and ways of coping
- A way to share feelings, needs and concerns
- Learn about resources that are available in your community

**Upcoming Dates:**

**September 6th 2016**

**October 4th, 2016**

**November 1st, 2016**

**December 6th, 2016**

**Time:**

**9:30am– 10:30am**

**Location:**

**The Conference Room**

