

# CAREGIVER SUPPORT GROUPS



A caregiver support group provides an opportunity for caregivers, family, friends, and others to discuss providing quality care for a loved one while providing education and support for the caregiver. Research has shown the importance of social support for those that experience the physical and emotional stress of being a caregiver.

## MONTHLY SUPPORT GROUP CALENDAR

### 2nd & 4th Tuesday:

12:30 pm at The Day Center Conference Room.  
Respite is available

### 2nd Thursday:

3:00 pm at Christ Memorial Church in the Green Room

### 3rd Wednesday:

3:00 pm at Fennville United Methodist Church

### 4th Tuesday:

3:00 pm at Fellowship Church of Holland in room 104

Caregiver support groups are sponsored by Senior Resources and the Area Agency on Aging of Western Michigan.



## AT A GLANCE

### BENEFITS

- Finding a community of others in a similar situation
- Provides a safe space to share and learn
- Reduces stress

Days and times may change periodically, for more information reach out to the Caregiver Support Coordinator.

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