

Are you a caregiver? Do you assist your loved one with essential daily tasks? You're a caregiver and you're not alone. Thousands of individuals are caring for their loved ones and **we can help.**

Senior Resources' Support Groups meet regularly to provide advice, support, tips, guidance and a safe place to share concerns.

# CAREGIVER *Support Groups*

## JOIN US

Attend regularly or drop in when it is convenient for you. Respite help may be available. For more information contact our caregiver support specialist.

### GRAND HAVEN

Every Thursday – 1-2:30 p.m.  
Four Pointes Center for Successful Aging  
1051 S. Beacon Blvd., Grand Haven

### HART

Every 3rd Wednesday – 10-11:30 am  
Oceana County Council on Aging  
4250 Tyler Rd., Hart

### MUSKEGON

Every Wednesday – 1-2:30 p.m.  
Tanglewood Park  
560 Seminole Rd., Muskegon

### WHITEHALL

Every Tuesday – 1-2:30 p.m.  
White Lake Community Library  
3900 W. White Lake Dr., Whitehall

### JENISON

Every 3rd Friday – 12:30-2:00 p.m.  
Georgetown Township Library  
1525 Baldwin St., Jenison

*Contact: Paula Kolberg  
Caregiver Support Specialist  
pkolberg@seniorresourceswmi.org  
231.683.4760*