

# CAREGIVER SUPPORT GROUP

## Are you caring for a loved one with a chronic illness or disability?

### Join a free support group of your peers to:

- Share your feelings, needs and concerns with others who are supportive
- Discuss your caregiving challenges and brainstorm solutions
- Talk about issues that cause you stress
- Develop new coping skills
- Learn about resources to help now, and plan for the future

### 2019 meeting dates (Wednesdays):

January 30, February 27, March 20,  
April 24, May 22, June 26  
1:30 p.m. – 3 p.m.

**Agrace Grief Support Center**  
2906 Marketplace Drive, Fitchburg

*Drop in—no pre-registration is needed and there's no cost to attend.*

### Who should attend?

Family, friends and other caregivers of people with *any* chronic illness or disability. All are welcome!

### Group leaders:

- Deanna Truedson-McKillips, MSW, CAPSW
- Laura Gleisner, MS, ACC



**Questions? Call (608) 669-7352**

*Care & Support Through the Stages of Serious Illness*

*Interested in learning more about PalliaHealth?*

**Call: (800) 930-2770**

**Visit: [palliahealth.org](http://palliahealth.org)**