

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
- 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

Next meeting:

Wednesday, May 27, 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.

Please note our scheduled March and April meetings have been cancelled due to COVID-19.

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