



Caregiver

SUPPORT GROUP

**3rd Thursday of each month,
6 to 7:30pm** *beginning September 19, 2019*

Join us for a caregiver support group in Caldwell County to build a support system with people who understand.

- Develop a support system.
- Exchange information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.
- **Dinner provided** at no cost to participants by *Hickory Falls Health and Rehabilitation*.

Caldwell Senior Center

650A Pennton Avenue, SW, Lenoir, NC

Please RSVP to 828.758.2883.

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