



Deeply Forgetful-CAREGIVER
SUPPORT GROUP
Weekly-Tuesday's (6pm-7pm)

CAREGIVER
SUPPORT GROUP
Weekly-Wednesday's (1-2pm)

Are you someone who is providing care and support for a loved one with a chronic illness? Do you want to connect with others who know what you are going through?

We understand and are here to help. This support group is for caregivers and family members who are looking for a safe place to process thoughts and feelings, engage with other caregivers, and gain strength to continue providing care.

Listen to individual caregiving experiences

Reduce Stress

Learn about resources and programs available to caregivers

Reduce feelings of loneliness or isolation

Learn coping skills

Share openly and honestly in a safe place with others who understand the challenges of caregiving

Join us at:

**Stonehill Communities
Conference Room**
3485 Windsor Ave
Dubuque, Iowa 52001

- Masks and screening are required upon entering the building.
- Please call 563.690.9679 or email jkoopmann@stonehilldbq.com for any of the following:
 - RSVP to attend
 - Join virtually via Zoom
 - If inclement weather, for group cancellation status.



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