



*Caring for a spouse, parent, loved one, friend? A Caregiver Support Group meets monthly on the 4th Wednesday 10-11:30 a.m. in the Brunswick Southport Senior Center Library. We share challenges, resources, caregiving approaches, and coping strategies in a confidential, safe environment. Want to join us? Contact volunteer facilitator: Beth aragol, [bjcaragol@atmc.net](mailto:bjcaragol@atmc.net) for further information or 910-471-1271*