



Are you a parent, spouse, sibling, child or friend in a caregiver role?

Join us as we

- talk with others who share the same issues
- share thoughts, problems, feelings, and solutions in a non-judgemental place
- recharge and feel appreciated for your efforts

Fox River Mall Food Court **Second Friday of the Month**

Drop in between 8:00-9:00 a.m.

Topics include: Being a Strong Caregiver, Taking Care of Myself, and Building a Strong Support System. Come away with support, new ideas, and resources that will directly support you and your loved ones.

We hope there will be more energy in your step!