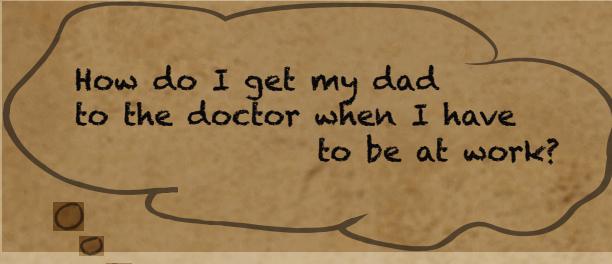


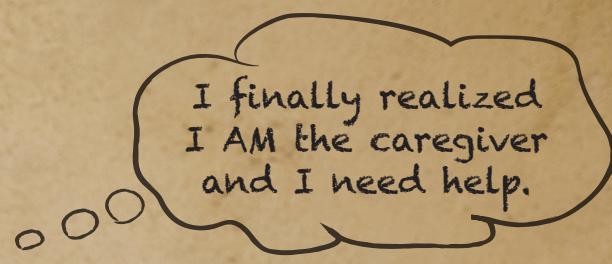
I'm taking care of my mom and my own family. I am really stressed and don't know what to do first.



How do I get my dad to the doctor when I have to be at work?



It's getting harder to get my mom to cooperate, even on simple daily activities.



I finally realized I AM the caregiver and I need help.

I don't know where to begin.



just call
JFCS
952-546-0616

Caregiver Coaching.
Individualized care with boundless compassion

Being a caregiver can be emotionally charged and sometimes frustrating. Though you cannot control the disease process, you can control many aspects of how it affects you and your loved one. Just call JFCS and we can help.