



## Caregiver Support Group

*“Find the support, compassion and helpful advice you need!”*

Please join other caregivers in a nonjudgmental atmosphere and caring environment to share experiences, reduce stress, learn about resources and take time to yourself.

**The group meets the 2<sup>nd</sup> Wednesday of each month**

**6:00pm-7:30pm**

**Chester Library  
250 West Route 24  
Chester, NJ**

**2009 Scheduled Meeting Dates:**

**March 11<sup>th</sup>, April 8<sup>th</sup>, May 13<sup>th</sup>, June 10<sup>th</sup>, July 8<sup>th</sup>, August 12<sup>th</sup>, September 9<sup>th</sup>,  
October 14<sup>th</sup>, November 11<sup>th</sup> and December 9<sup>th</sup>**

**Searching for other answers to your caregiving questions?**

For more information contact:

the Senior Resource Center at 908-879-2202

[info@seniorresourcecenter.org](mailto:info@seniorresourcecenter.org)

The Senior Resource Center is supported by the Messiah Community Resource Corporation in Partnership with Family Service of Morris County

