



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 2nd Wednesday of each month~

1:00pm-2:30pm

Chester Library

-Group Study Room A-

250 West Main Street

($\frac{1}{4}$ mile West of Route 206 on Route 24)

Chester, NJ

2010 Scheduled Meeting Dates:

March 10th - April 14th - May 12th - June 9th - July 14th - August 11th

September 8th - October 13th - November 10th - December 8th

Searching for other answers to your caregiving questions?

For more information contact:

the Senior Resource Center at 908-879-2202

or email at info@seniorresourcecenter.org

Sponsored by the Senior Resource Center

50 Route 24, Chester, NJ 07930 ~ 908-879-2202 ~ www.seniorresourcecenter.org