

Caregiver Support Group Blairsdon/Graeagle



For family members, spouses, partners & other caregivers of adults with chronic health conditions. Join us to receive the support you need to support your loved one

When? 1st Monday of each month, 10:30 am to 12 noon

Where? Mohawk Community Resource Center, 8989 Highway 89

Come join us in a safe and supportive setting to share experiences and ideas of ways to ease the stress of caregiving, including strategies and skills to solve problems and ways to maintain your own health, while providing the best care for a loved one.

Would you like more information? Call Sharon Taschenberg at (925) 998-3777 or email sharon.taschenberg@gmail.com