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**1:00-2:30 pm at:**

The Heritage at Lyngblomsten,

2nd Floor Lounge, 1440 Midway Parkway, St. Paul, MN 55108

**For more information, please contact:**

**Jeanne Schuller, MSW, Caregiver Resource Social Worker**

**651-632-5320 or jschuller@lyngblomsten.org**

Support yourself and others in the journey of caregiving. Sessions will include an emphasis on setting weekly action plans (self-care goals) but also time to gather resources, share concerns and time to talk. Open to caregivers who are caregiving for an adult with any healthcare issue or disease.

This group is an excellent next step for graduates of the Powerful Tools for Caregivers course. However, completion of the course is NOT required and the group is open to the community and FREE. Come as often as you are able. New members always welcome.

**Meets the 3rd**

**Wednesday of each month**

**Caregiver Support Group**

***Group framework inspired by the Powerful Tools for Caregivers Course***

**NEW MEMBERS WELCOME!**

*Funded in part by the Older American Act Title IIIE National Family Caregiver Support Program in partnership with the Metropolitan Area Agencies on Aging Inc.*