



## *Are you a family caregiver?*

**Caregiving for a loved one can be overwhelming and isolating. This group provides a compassionate space for caregivers to gain emotional support and information.**

Take a step to care for yourself – come to the free Caregiver Support Group

Tuesdays from 2-3pm

JCC Conference Room

Preregistration required (505) 348-4451



**OPEN TO ALL**