

# CAREGIVER SUPPORT GROUP

SECOND WEDNESDAY OF EACH MONTH

**West Boylston Senior Center**  
**10:00- 11:00am**

Let's face it, at times, caregiving can be difficult and lonely, but you are not alone. This community group is open to anyone who is currently caring for a loved one, family member, or friend.

We invite you to join us in this supportive environment to share your experiences, connect with others, and learn about valuable resources. **We are here for you.**

## Strength Through Connection

Asking for help is not a sign of weakness but a sign of wisdom and strength. Attending a support group can link you to community resources and connect you with others who are in a similar situation. Consider joining a support group to connect with others in similar circumstances and gain access to helpful community resources. This can help alleviate stress and provide a sense of optimism and hopefulness



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### LOCATION:

**West Boylston Senior Center**  
120 Prescott Street  
West Boylston, MA 01583

