

CAREGIVER SUPPORT GROUP

SECOND WEDNESDAY OF EACH MONTH

Sterling Senior Center
2:00- 3:00pm

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:

Sterling Senior Center
36 Muddy Pond Road
Sterling, MA 01564



First Congregational Church

FCCP

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