

CAREGIVER SUPPORT GROUP

WEDNESDAYS
10 AM

AMESBURY SENIOR
COMMUNITY CENTER



For more information and/or to register:

Please call Courtney at (978)388-8138 x 543

Are you caring for a loved one? Could you use some time for yourself?
Taking care of yourself is as important as the care you give to others.

Join this supportive, confidential group of caregivers to process your experiences and gain knowledge of resources. Respite may be available.

