

# CAREGIVER SUPPORT GROUP

**You don't have to do this alone.**

Caring for a loved one with a chronic illness, dementia, or age-related needs can be both meaningful and overwhelming.

Our caregiver support groups offer a welcoming space to connect with others who understand.



## WHAT YOU CAN EXPECT

- Supportive conversation and shared experiences
- Practical caregiving tips and local resources
- Groups facilitated by a trained caregiver coach
- A respectful, confidential environment
- No pressure to speak - listening is welcome

This is an open, drop-in  
**Support Group for Caregivers**

We will be here when you need us  
simply attend when you can.



## In Person Caregiver Support Groups



### GRANT COUNTY

4<sup>th</sup> Tuesday of the month, 10am  
Hoffman Senior Center, Hoffman



### POPE COUNTY

2<sup>nd</sup> Thursday of the month, 2pm  
4<sup>th</sup> Tuesday of the month, 2pm  
Western Prairie Human Services, Glenwood



### TRAVERSE COUNTY

3<sup>rd</sup> Monday of the month, 1:30pm  
Sanford Medical - Clinic Entrance,  
Board Room, Wheaton



### VIRTUAL

2<sup>nd</sup> Tuesday of the month, 5:30pm  
Online (Microsoft Teams)

To receive the meeting link email:  
[senior.services@wphsmn.gov](mailto:senior.services@wphsmn.gov)



## Contact Us For More Information:

320-424-0018

[senior.services@wphsmn.gov](mailto:senior.services@wphsmn.gov)

[www.wphsmn.gov](http://www.wphsmn.gov)

This project is made possible, in part, under the Federal Older Americans Act through a contract with NWRDC under an Area Plan approved by the Minnesota Board on Aging