

# MONTHLY FAMILY CAREGIVER SUPPORT GROUP

*Please join us for a monthly support group for caregivers caring for family members with memory loss.*

***Areas we may explore:***

Effective strategies when caring for a family member with memory loss  
Managing Caregiver Stress & The Importance of Self-care  
Positive activities for people living with memory loss  
Community Resources



***Where: Care Central VNA & Hospice, Gardner Adult Day Health, 34 Pearly Lane, Gardner, MA***

***When: The last Tuesday of each month***

***Time: 11:00-12:30***

Please contact Julie Moschetti, LSW @ [978-632-1230 x339](tel:978-632-1230) to RSVP.  
Feel free to leave a voice message with your questions and concerns.



Care Central VNA  
& Hospice, Inc.  
*Healthcare in Your Neighborhood*

