



CareDimensions

Compassionate expertise for advanced illness

Monthly Caregiver Support Group

**Second Monday of each month
January through December 2019
10:30–11:30 am**

*Bertolon Center for Grief and Healing,
78 Liberty Street, Danvers, MA*

*Are you feeling
overwhelmed with
stress at times as you
try to manage your
loved ones care and
your own conflicting
feelings of
anticipatory grief?*



*Are you balancing the
role of caregiver to a
loved one in your life
coping with a long
term illness?*

Our drop in Caregiver Support Group will be a comfortable, relaxing space to release some of the stress you are carrying. Join us for a cup of tea while finding mutual support from others and learn tools to help you along your journey of caring. Join us for one or all of the sessions.

**For questions, please contact April Evans, LICSW
at (781) 373-6609 or AEvans@CareDimensions.org**