



Monthly Caregiver Support Group

Monday, January 8, 10:30–11:30 am
Monday, February 12, 10:30–11:30 am
Monday, March 12, 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 coffee or 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**