

# Caregiver Support Group

Caregiving for a loved one is meaningful, but it can also be overwhelming.

You don't have to walk this journey alone.

Join our support group for caregivers

OCTOBER 21<sup>st</sup>

2:00-3:00PM

AB Conference Room

Citizens Care & Rehabilitation Center

**Facilitator:** Trish Bowers, LCPC  
Grief Counselor at Frederick Health Hospice

To learn more, contact Trish: 240-566-3709  
or ask your Citizens Social Work staff.