

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
December 2nd 2:00-3:00

AB Conference Room
Citizens Care & Rehabilitation Center

- Share your experiences in a safe, compassionate space
- Connect with others who understand the challenges of caregiving

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.