



CARE FOR THE CAREGIVER:

FOR THOSE CARING FOR A LOVED ONE AT HOME

This is a leader-facilitated support group that provides information on how to build healthful self-care into your life as a caregiver. We also offer ongoing support to strengthen and sustain your self-care plan.

We invite you to join us.

Meetings are on Wednesdays from 12:30-2:30PM for 6 weeks at the Gibson Center for Senior Services, 14 Grove St., North Conway



2017 SCHEDULE

March 8 - April 12

May 3 - June 7

June 28 - August 2

August 23 - September 27

October 18 - November 22

December 13 - January 17

No formal registration is necessary; free and open to the public.

CO-SPONSORED BY VNHCH AND GIBSON CENTER FOR SENIOR SERVICES.

To confirm dates/times or for more information, please call the group's facilitator, F. Gardiner Perry at 603.662.9552 or contact VNHCH at 603.356.7006 or 800.499.4171
