



# Connect with others

## **You're not alone. Caregiver support groups connect you with others.**

When caring for an aging parent, you may feel like no one understands what you're experiencing. Join our Caregivers Support Group, and take a break with other caregivers. Come exchange valuable tips and suggestions with others who know just what you're going through. Participants can bring their loved one with to join in a planned activity.

## **Join us for our monthly caregiver support group.**

### **MEETING LOCATION:**

**Shoreview Community Center  
4580 Victoria Street North, Shoreview, MN 55126**

### **SPONSORED BY:**

**Alzheimer's Speaks  
Shoreview Community Center**

### **▶ Last Wednesday of each month.**

**10:00am to 11:30AM**

**Shoreview Parks and Recreation**

For reservations or more information, call  
**651-490-4750 Shoreview Community Center**  
**651-216-5413 Alzheimer's Speaks**

