



CAREGIVER SUPPORT

WINCHESTER COUNCIL ON AGING

MEETS ON THE FOURTH THURSDAY OF EACH MONTH
11:00 AM – 12:00 PM

THE JENKS CENTER, 109 SKILLINGS ROAD
WINCHESTER, MA 01890

Are you a caregiver? This group provides an opportunity for sharing, understanding, awareness and support. It offers a place to exchange information and meet others with similar issues. Caring for a loved one can be a very isolating experience, especially for those who have limited help or are the sole caregiver for someone who cannot be left alone for long periods of time. But you are not alone. There are support systems to help you meet the challenges of providing eldercare—short-term or long—term.

FOR MORE INFORMATION CONTACT: SUZANNE @ 781-721-7136