



# CAREGIVER SUPPORT

## WINCHESTER COUNCIL ON AGING

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**MEETS ON THE LAST THURSDAY OF EACH MONTH**  
**10:00 AM – 11:00 AM**

THE JENKS CENTER, 109 SKILLINGS ROAD  
WINCHESTER, MA 01890

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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