

Caring for the Caregiver

Free, confidential
caregiver support group



**Are you caring for someone,
but need someone to care for
you? We can help.**

Meet others in similar
circumstances, take a break,
develop new ways of coping with
the pressures you face, and feel
supported and understood.

**For more information
and to register:**

(705)-743-2272 ext308

ccrc@ccrc-ptbo.com

