

Caring for the Caregiver

Free, confidential
caregiver support group



Tuesdays / 1:00 - 2:30

**Are you caring for someone, but
need someone to care for you?**

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

Jan 10 - Feb 21, 2023

**For more information
and to register:**

(705)-743-2272 ext 308
ccrc@ccrc-ptbo.com



***This is a virtual group offered via secure online platform**