

# Caregiver Support Group

Open to anyone caring for another and  
in need of a little support, encouragement,  
and caregiver camaraderie...

## The Benefits?

- ☑ Talk about your experiences in a non-judgmental, relaxing setting
- ☑ Help yourself overcome the stresses and challenges of being a caregiver
  - ☑ Find out how "caretaking first" finds its way into your life
  - ☑ Learn some new coping mechanisms and share your helpful hints
- ☑ Identify how good self care can help caregiver's mind, body, and spirit
  - ☑ Gain valuable resources

Join Judith Palais, LICSW, & Tammy Svenson, LICSW

Every other Thursday from 6:00 – 7:30 PM

September 10 & 24

October 8 & 22

November 5 & 19

@ Whole Life Health Care

100 Shattuck Way

Newington, NH 03801

(off Woodbury Ave., turn onto Piscataqua Dr., and left onto Shattuck Way.  
White building on the right.)

**Cost:** Insurance accepted with co-pay  
or private pay \$20/session

**For more information and to register:**

**Call or email Tammy Svenson**

**tammy.svenson@gmail.com**

**#603.431.6677 x303**