

## **CAREGIVER SUPPORT GROUP**

Are you caring for a frail family member or friend? Feel like you're all alone? Pima Health System's Caregiver Education and Support Program and Interfaith Community Services are partnering to provide help. Share experiences and ideas with others who understand in an 8-week education and support group. Learn from each other, learn about community resources, and develop a mutual bond of support.

A new group is forming to be held at Interfaith Community Services. There is no fee to participate in this group, which will be led by a staff member of Pima Health System.

To register or for more information on groups in other areas, call Sonya Valentin at the Caregiver Education and Support Program at 243-8379, Tuesday – Friday.