



FAMILY CAREGIVER SUPPORT GROUP

PRESENTED BY ALAMANCE ELDERCARE

The Family caregiver support group offers emotional and practical support to people caring for their loved ones. We can help caregivers manage stress, improve mental health, and feel more confident in their caregiving skills. No RSVP is needed; walk-ins are always welcomed.



**Every fourth Tuesday
of each month from
12:00PM -1:00PM**

Jan. 28, 2025
Feb. 25, 2025
Mar. 25, 2025
Apr. 22, 2025
May 27, 2025
Jun. 24, 2025
Jul. 22, 2025
Aug. 26, 2025
Sep. 23, 2025
Oct. 28, 2025
Nov. 25, 2025
Dec. 23, 2025

**Held at
Bethany
Presbyterian Church
1500 S Main St,
Graham, NC 27253**

For more info contact Alamance ElderCare at 336-223-8099

