

# FAMILY CAREGIVER SUPPORT GROUP



**FRIDAYS**  
**2:30 - 4:00 PM**  
**ON ZOOM**

Ongoing compassionate support and sharing are essential to sustain the personal journey of the family caregiver. This virtual group encourages, supports, and emphasizes self-care, regardless of the diagnosis of the care receiver. This is an opportunity to connect with others in a similar situation.

**SIGN UP ONLINE AT**  
<http://www.hospiceslo.org/support-groups>