



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

**Connect with Resources**

**Balance your Life**

**Take Care of Yourself**

# Caregivers Support Group

Beginning Wednesday, December 7

**Caregivers Support Group is a time to meet with other caregivers.**

For those attending this will be an opportunity:

- To Share
- To Listen
- To Learn

**Dates: 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of month**

**Time: 10:30- 11:30 am**

**Location:**

**Black River Falls Public Library  
221 Fillmore Street**

**For more information, call  
Interfaith Volunteer Caregivers at**

**715-284-7058**

**Or Email**

**[Interfaith@JCIVC.org](mailto:Interfaith@JCIVC.org)**