



# Caregiver Support Group

Join us for a **FREE** caregiver support group every second Tuesday of the month

The caregiver support group meets the 2nd Tuesday of every month to provide information and a welcoming environment for discussing the challenges of being a caregiver in the community. Each session begins with a light meal and fellowship at 5:00 p.m. The meetings are topic focused with a guest speaker and includes time for sharing in the group.

## 2018 Support Group Topics:

- 1/09** Long Term Care – Linda Walker
- 2/13** Senior Gems/Stages of Dementia
- 3/13** Care Topics- Chaplain Chris Beckman
- 4/10** Dementia and Art Therapy – Hadley Marie
- 5/08** Maintaining Work-Life Balance- Tabatha Barrett
- 6/12** Health Care Directives/Surrogate Decision Making – Sheila Johnson
- 7/10** Community Resources – Linda Walker
- 8/14** Safeguarding Our Seniors – Kathleen Moore
- 9/11** Chaplain Chris Beckman
- 10/9** Caregiver Appreciation Night
- 11/13** Memory Loss/Coping with Stress during the Holidays – Linda Walker
- 12/11** Dementia and Art Therapy - Hadley Marie

Every Second Tuesday of the Month

## **Ebenezer Ridges Campus Adult Day Program Room**

13810 Community Dr. | Burnsville | 5:30 p.m. – 7:00 p.m.  
A light meal is provided at 5:00 p.m.

*RSVP to Barbara Netherton, 952-898-3085.  
Care for loved ones is available by reservation.*



*Choices for vibrant senior living*

Ebenezer Ridges Campus  
13810 Community Drive  
Burnsville, MN. 55337

952-898-3288



[EbenezerCares.org](http://EbenezerCares.org)  
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