

Lakewood Caregiver Support Group

For Caregivers of Those with Memory Loss

**A safe place for unpaid family caregivers,
their family and friends to:**

- Exchange practical information on caregiving problems & possible solutions
- Talk through challenges & ways of coping
- Share feelings, needs & concerns
- Learn about resources available in the community



Starting April

3rd Saturday of each month
10:30 am-12:00 pm

St Mary's Episcopal Church
10630 Gravelly Lake Drive SW
Lakewood, WA 98499

Contact group facilitator:
McKenzie Golden, 253.271.4073

All of our support groups are facilitated by Chapter trained individuals.

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