

Caregiver Support Group

CHOOSE YOUR GATHERING SPOT

Join us at a location that works best for you—whether in person or online. We offer a welcoming space where caregivers can connect, share experiences, and find encouragement.

In Person Gatherings

- 📍 **Hoffman - 4th Tues of the month 10am**
Senior Center
100 3rd St S, Hoffman
- 📍 **Glenwood - 2nd Thurs & 4th Tues of the month 2pm**
Western Prairie Human Services
211 E Minnesota Ave, Glenwood
- 📍 **Wheaton - 3rd Mon of the month 1:30pm**
Sanford Medical Center
Clinic Entrance, Board Room
401 12th St North, Wheaton

Virtual Gathering

- 💻 **Online - 2nd Tues of the month 5:30pm**
Email senior.services@wphsmn.gov
for Zoom link

**Come as you are
Leave feeling lighter**
For more information call
☎ Diane 320-424-0018

WHAT TO EXPECT

Connection & Understanding

A space to share your journey with others who truly get it



A Moment for You

Learn helpful tips & strategies from fellow caregivers



Encouragement & Insight

Take a breathe, fill your cup, & find support



This project is made possible, in part, under the Federal Older Americans Act through a contract with NWRDC (Dancing Sky Area Agency on Aging is a program of NWRDC) in an Area Plan approved by the Minnesota Board on Aging