## Mas

MISSOULA aging
SERVICES

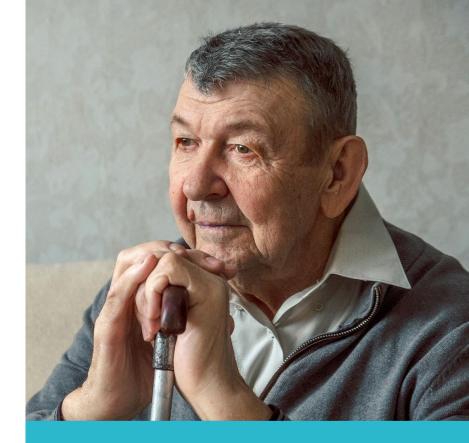
## Caregiver Support Groups

Caregiving can be challenging, these groups can help.

All family caregivers welcome, including people caring for those living with dementia.

A safe place for caregivers to share experiences and strategies for managing caregiving responsibilities.

No cost to participate. Call (406)728-7682



Join in-person at MAS or from the comforts of home via Zoom.

2 ONLINE GROUPS AVAILABLE. REGISTER WITH THESE LINKS:

Second Mondays from 4 - 5 PM <a href="https://bit.ly/3a9wn9X">https://bit.ly/3a9wn9X</a>

Third Tuesdays from 1 - 2 PM https://bit.ly/2YkyVPU

NEW IN-PERSON GROUP:
Fourth Wednesdays from 2 - 3 PM
Missoula Aging Services
337 Stephens | Missoula, MT