

MAS

MISSOULA
aging
SERVICES

Caregiver Support Groups

Meetings are held over Zoom from December - May. It's easy to join from home online or over the phone.

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

There is no cost to participate.



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

Caregiving can be challenging, these groups can help.

**THERE ARE 2 GROUPS AVAILABLE.
REGISTER WITH THESE LINKS:**

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

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

OR CALL (406) 728-7682