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## **Family Caregiving Support Group**

Date and Time

Monthly on the second Thursday at 10:30am for 4 times

Event Region

Richmond Area

Event Type

Support group

RSVP Info

8043109976

Event Cost

\$0.00

Event Description

Sheila Stells will be facilitating this new Family Caregiving support group.. She will share information for Caregivers and talk about the topics that they need. At this session, she will discuss Taking Care of the Caregiver and the toll family caretaking can take on the strongest of people. It's about adding quality of life and allowing yourself time to consider support options. Shiela is with Medi Hospice which sponsors this support group series. She plans to provide a separate supervised room, so you can bring your loved one with you when possible. In this way, you will be available to learn and enjoy the program and know they are nearby. This is for Family Caregivers and open to the public. Call 8043533171 to register. For specific questions about support group content or supervised care, please call: Sheila Stells at 804 310 9976 MediHome Health. Participants welcome to stay for lunch and exercise. The support group will meet monthly. Call to confirm the day and time.