



GIVING BACK TO CAREGIVERS SUPPORT GROUP

Caregiving is a journey, and everyone travels a different path. Providing care to someone who is suffering from an illness can be physically and emotionally draining – and you need to take care of yourself. Our Giving Back to Caregivers support group provides

resources and strategies to add to your caregiver survival kit along with a supportive environment where you can discuss the stresses of caregiving as well as celebrate the willing supportive spirit caregivers share.

If you're interested in attending or want more info, please call North Ridge Health and Rehab at (763) 592-3000.

WHERE:



5430 Boone Ave. N., New Hope

WHEN:

**First Wednesday
of each month
4-5 p.m.**

FACILITATED BY:

**Susan Smith, President,
Caregivers Support Network**



ABOUT US:

Mission Health is committed to making life better for those we serve and for those who live in the communities where we all work, play and live. **Giving Back to Caregivers** is part of **Mission Giving**, our community involvement program that provides social, strategic, and financial support to individuals and organizations that share our goals to foster strong, healthy people and communities.