

Caregiver Support Group

A FREE monthly Support Group for Caregivers

Real Talk, Real Support!



1st Wednesday of each month

Starting at 2 PM until 3PM

Room E303, Weber Human Services

237 26th Street, Ogden

Call Karla 801-625-3866 for more information

www.weberhsaging.net

Meet others that are also caring for a loved one.

Learn about supportive community resources.

Discover tips and tricks that have worked for others.

Help others by sharing experiences that have worked for you.

Learn strategies to better handle frustrating situations.

*"My caregiver mantra
is to remember:*

*the only control you have is over the
changes you choose to make."*

-Nancy L. Kriseman,

*Mindful Caregiver: Finding Ease in
the Caregiving Journey*



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Area Agency on Aging