



Connect with others

You're not alone. Caregiver support groups connect you with others.

When caring for an aging parent, you may feel like no one understands what you're experiencing. Join our Caregivers Support Group, and take a break with other caregivers. Come exchange valuable tips and suggestions with others who know just what you're going through. Participants can bring their loved one with to join in a planned activity.

Join us for our monthly caregiver support group.

Brookdale North Oaks
Alzheimer's & Dementia Care
300 Village Center Dr.
North Oaks, MN 55127

▶ **Last Wednesday of each month.**
10:00am to 11:00am
Shoreview Parks and Recreation
For reservations or more information, call
763-913-6140

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