

jewish family
service of western
massachusetts



Caregiver Support Group

Are you caring for a parent, spouse or loved one?

Are you feeling overwhelmed as you try to balance your needs along with the needs of your loved ones?

The JFS Caregiver Support Group provides a place to reduce caregiver isolation, receive support, explore relevant topics, discover resources, and share coping strategies.

facilitator

Cathy Chandler, LICSW is a Clinical Social Worker at JFS with 20 years of experience in elder care.

Two locations in the Pioneer Valley. Groups are free of charge.

Join us to network, support and learn from other caregivers!

www.jfswm.org

Longmeadow/ Springfield Area

TUESDAYS, 6:30 -8:00 P.M.

Jewish Family Service Office
1160 Dickinson Street
Springfield, MA

Northampton Area

TUESDAYS, 10:00 -11:30 A.M.

Northampton Senior Center
67 Conz Street
Northampton, MA

register & more info

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Jewish Family Service of Western Massachusetts

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