



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.

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

Groups are free of charge.
Pre-registration is required.

Facilitator

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

When

**Longmeadow/Springfield
Area Group***

Tuesdays, 6:30pm - 8:00pm

Northampton Area Groups*

Mondays, 10:00am - 11:30am

Tuesdays, 10:00am - 11:45am

*Currently all Caregiver Support Groups are being held remotely.

Register & More Info

Cathy Chandler, LICSW
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Jewish Family Service of Western Massachusetts

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The Northampton Area Caregiver Support Group is made possible in part by a grant from Highland Valley Elder Services through funding under the Federal Older Americans Act.