



# Virtual Caregiver Support Groups

## Are you caring for a parent, partner 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 Groups provide a place to reduce caregiver isolation and stress, receive support, explore relevant topics and challenges, 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, LICSW is a Clinical Social Worker at JFS with 26 years of experience in elder care.

### When

Tuesdays, 6:30pm - 7:45pm

### Upper Valley Groups

Mondays, 10:30am -11:45am

Tuesdays, 10:00am - 11:45am

### Register & More Info

Cathy Chandler, LICSW  
(413) 737.2601

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## Jewish Family Service of Western Massachusetts

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The Upper Valley Caregiver Support Groups are made possible in part by a grant from Highland Valley Elder Services through funding under the Federal Older Americans Act.