

Are you a relative, spouse, or friend who takes care of a loved one?
You do not have to be alone in your caregiving journey!



Caregiving Support Group

**1st Tuesday
Every Month**

6:00 - 7:30 p.m.

Discover Local and Online Resources

Talk to Others Who Understand the Demands of Caregiving

Realize the Importance of Taking Care of Yourself

Learn How to Cope with the Emotional Roller Coaster

Take a Break to Socialize

RSVP Appreciated: 361-371-8157



**Event Location:
St. Paul United Church of Christ
5525 Lipes Blvd, Corpus Christi, Texas 78413**