



CAREGIVER SUPPORT GROUP

Presented by: Ashe County Senior Center & Ashe Assisted Living

Date: 1st & 3rd Tuesdays each month (beginning July 3rd, 2018)

Time: 4:00pm

Address: Ashe Assisted Living & Memory Care

182 ChattyRob Lane

West Jefferson, NC 28694

Contact: 336-846-6200;
barbaraweaver@asheaging.org

*Respite care available upon request and must be pre-arranged.

BUILD A SUPPORT SYSTEM

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

Ashe Services for Aging is an equal opportunity employer and provider.