

# Family Caregiver Support Group

Taking care of a loved one can be challenging.  
Jewish Family Service wants to help.

You are invited to join a supportive network of people who understand the challenges and rewards of caregiving in our Family Caregiver Support Group. This weekly group will provide a welcoming, judgement-free place to connect, share experiences and help one another through the stresses of caregiving.

*Topics may include:*

- Avoiding isolation and loneliness
- Reducing stress and low mood
- Preventing caregiver burnout
- Learning about helpful resources
- Boosting caregiver confidence
- Planning for the future

Thursdays from 1:30-2:30 pm  
6 sessions starting on Thursday, June 12

Jewish Family Service

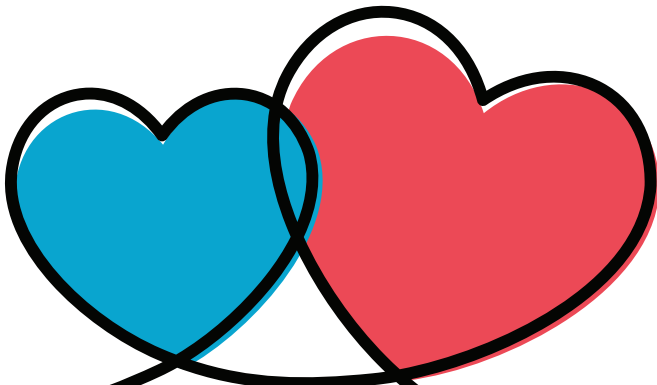
6555 West Maple Road, West Bloomfield



To register email [familycaregiversupport@jfsdetroit.org](mailto:familycaregiversupport@jfsdetroit.org)

*Questions?*

Contact Beth Seelbach, facilitator and  
JFS Family Caregiver Support Program  
Coordinator at 248.763.6350 or  
[bseelbach@jfsdetroit.org](mailto:bseelbach@jfsdetroit.org).



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