

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 2:30-3:30pm

6 sessions starting on Thursday, October 15, 2026

Session Dates: October 15, 22, 29, November 5, 12, 19

Jewish Family Service

6555 West Maple Road, West Bloomfield

To register, email familycaregiversupport@jfsdetroit.org

SPACE IS
LIMITED

Questions?

Contact Beth Seelbach, facilitator and
JFS Family Caregiver Support Program
Coordinator, at 248.763.6350 or
bseelbach@jfsdetroit.org.

This program is generously funded by Exhale and its funders the Ralph C. Wilson Jr., Foundation, the Community Foundation for Southeast Michigan, BCBS of Michigan, BCBS of Michigan Foundation, the Michigan Health Endowment Fund, and Ann Arbor Area Community Foundation

THE
JEWISH
FUND
A LEGACY OF SINAI HOSPITAL

Jewish
Family
Service
OF METRO DETROIT