Family Caregivers

Join the Caregiver Support Group

1st and 3rd Fridays of every Month • 10:30-11:30 a.m.

Are you responsible for the care of an adult family member or loved one?

Consider participating in the Family Caregiver Support Group!

The Caregiver Support Group will help you:
• Learn about community resources for caregivers
• Learn stress management skills
• Share your story and connect with people who are going through the same experiences that you live with each day
• Receive encouragement, education, and support for those caring for loved ones
• Get help and help others
• Discover that you are not alone!

For more information, please contact Christin McWhorter, National Family Caregiver Support Group Coordinator at the Southeast Tennessee Area Agency on Aging and Disability, at 423-424-4288 or cmcwhorter@sedev.org.

Location: The Health Center at Standifer Place
2626 Walker Road
Chattanooga, TN 37421
Hamilton Terrace Building