

Care Management Solutions

African American Caregiver Support Group

A support group for those providing care to an older friend, relative or loved one



**LUTHERAN
FAMILY SERVICES**
of Colorado

Join us! Every Thursday, 1:00–2:30 pm
Montbello Public Library
12955 Albrook Drive, Denver, CO 80239
No registration fees

- Enjoy free refreshments and the opportunity to socialize
- Gain strength from education
- Share concerns with others who understand
- Learn from speakers who bring new insight to your situation
- Gather information from various organizations that can actually help
- Funds available for respite care while attending sessions

Find resources and answers to questions on important subjects:

- Relieving stress
- Grief support
- Nursing homes
- Assisted living
- Alzheimer's and Dementia
- Chronic diseases
- Senior activities and organizations
- Interacting with family members
- Social Security
- Legal/Financial issues and services
- Senior housing
- General health and daily care

For more information, contact Nichelle Stiggers

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www.LFSCO.org

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