



FAMILY CAREGIVER SUPPORT GROUP

Supporting **YOU** while you care for a loved one

FREE OF CHARGE

- Feel heard and supported.
- Meet other care partners.
- Learn about resources in your area.
- Enjoy a social outlet.

**OPEN TO ANY RELATIVE,
PARTNER, FRIEND OR
NEIGHBOR CARING FOR
AN AGING LOVED ONE.**

IN-PERSON GROUP

2nd Monday of the month

1-2:30 p.m.

The Highlands Clubhouse
12930 SW Peachvale Street
Tigard, Oregon

VIRTUAL GROUP

2nd Tuesday of the month

6-7:30 p.m.

4th Thursday of the month

1-2:30 p.m.

To RSVP and receive a link to attend virtual groups,
email Jennifermorriscounseling@gmail.com or call 503-720-4482.



Department of
Health and Human Services
Disability, Aging and Veteran Services

