

Caregiver Support Groups

Caring for a seriously ill or frail elderly loved one can be one of life's greatest challenges. To be an effective caregiver, it is very important to take care of yourself.

Hope HealthCare Services is offering a caregiver support group, to explore ways of coping with many of the emotional and physical issues that accompany the role of caregiver.

This new support group is open to anyone in a caregiver role, at no cost. It's an opportunity to learn from the experiences of others and to encourage those who are in similar circumstances.

All groups will be held from **9:30 - 11:00 a.m.** in a Hope office. Please check the schedule below for a location that is convenient for you.

Fort Myers

Monday, November 14

Hope HealthPark Office, Community Room A
9470 HealthPark Circle, Fort Myers, FL 33908

Cape Coral

Tuesday, November 15

Hope Hospice House Cape Coral, Community Room
2430 Diplomat Parkway E, Cape Coral, FL 33909

Bonita Springs

Monday, December 5

Joanne's House, Community Room
27200 Imperial Parkway, Bonita Springs, FL 34135

Lehigh Acres

Thursday, December 8

Hope HealthCare Services Center, Community Room
1201 Wings Way, Lehigh Acres, FL 33936



 **Hope**
HealthCare Services

For more information, please contact:
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