NUTLEY FAMILY SERVICE BUREAU

Caregiver Support Group

Learn how to take care of yourself while taking care of everyone else!

Please join us for an opportunity to share your feelings, receive emotional support, and discuss solutions to common caregiver challenges with other family caregivers.

WHO: **Adult family caregivers**

WHERE: **Nutley Family Service Bureau**
172 Chestnut Street, (2nd floor), Nutley, New Jersey 07110

WHEN: **The First and Third Wednesday in October (10/04 and 10/18) from 6:00 to 6:45 pm**

HOW: **Please call NFSB at (973)-667-1884 to register. This group is FREE.**

This group will be facilitated by Patricia Politi, LCSW