



CONNECT WITH OTHERS

# CAREGIVER SUPPORT GROUPS

This program brings caregivers together to share their experiences in a confidential and supportive setting. Support groups help caregivers gain skills, build confidence, and learn helpful resources available in the community.

## **In Person at the Durgin Center:**

Monthly every second Friday 9-10:30 a.m.

Monthly every fourth Friday from 10:30 a.m. -12 p.m.

## **In Person at the Ellsworth Library:**

Monthly every second Thursday 2-3:30 p.m.

## **Zoom Support Group:**

Monthly every third Thursday 2-3:30 p.m.

## **In Person at Calais United Methodist Church:**

Monthly every fourth Wednesday 2-3:30 p.m.