

CAREGIVING STRESSBUSTER FORUM

Do you provide care for a loved one
with a chronic disease or dementia?
You are not alone.

FREE TO ATTEND • ALL ARE WELCOME



2nd and 4th

WEDNESDAY

of each month • 1:30 – 3 PM

JANICE ANCRUM SENIOR LIFE CENTER

1901 ISLAND WALK WAY

FERNANDINA BEACH, FL 32034

WHAT TO EXPECT:

- Practice stress-reduction techniques
- Reduce anger, hostility, and anxiety
- Find support from other caregivers

Caring for someone else begins with caring for yourself. This supportive forum offers a welcoming space to step away from the demands of caregiving, share experiences with others who understand, and gain practical tools to help you navigate the challenges of your journey with greater confidence and resilience.

ADDITIONAL INFO

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NASSAU COUNTY

Council on Aging

SENIORS LIVING HAPPY, HEALTHY LIVES