



“I didn’t realize that I was a caregiver and that help and resources are available. We share experiences and I’ve learned so much.”

Join a Caregiver Support Group

**1st and 3rd
WEDNESDAY
Of each month
10:30am-12:00pm
Or
7:00pm-8:30pm**

Contact Us!

North Shore Elder Services

978-750-4540

**Serving Danvers, Salem, Middleton, Peabody, and
Marblehead**

Life. Made Easier.

Caregiver Resources:

Our Family Caregiver Specialists have identified concerns & questions that are commonly discussed in support groups and counseling sessions. Check our blog at www.nselder.org for our monthly Caregiver topic. We'll provide you with some resources & options for handling specific issues.

And like us on Facebook!

www.facebook.com/NorthShoreElderServices