

Are you a caregiver? Do you assist your loved one with essential daily tasks? You're a caregiver and you're not alone. Thousands of individuals are caring for their loved ones and **we can help.**

Senior Resources' Support Groups meet regularly to provide advice, support, tips, guidance and a safe place to share concerns.

CAREGIVER *Support Groups*

JOIN US

Attend regularly or drop in when it is convenient for you. Respite help may be available. For more information contact one of our caregiver support specialists.

WHITEHALL

Every Tuesday – 1-2:30 p.m.
White Lake Community Library
3900 W. White Lake Dr., Whitehall

COOPERSVILLE

Every Tuesday – 10-11:30 a.m.
Senior Center
182 East St., Coopersville

MUSKEGON

Every Wednesday – 1-2:30 p.m.
Tanglewood Park
560 Seminole Rd., Muskegon

GRAND HAVEN

Every Thursday – 1-2:30 p.m.
Four Pointes Center for Successful Aging
1051 S. Beacon Blvd., Grand Haven

HART

1st & 3rd Friday – 10-11:30 a.m.
Oceana County Council on Aging
4250 Tyler Rd., Hart

JENISON

2nd & 4th Friday – 1:30-3:00 p.m.
American House
1028 Allen Springs Lane, Jenison

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