

Family Caregiver Support Group

*There are only four kinds of people in this world
Those who have been caregivers
Those who are currently caregivers
Those who will be caregivers,
And those who will need caregivers*

~Rosalynn Carter



CherryWood Village will be providing a monthly support group for family caregivers who live here at CherryWood and in the surrounding community. The group meets the third Monday of every month in the Boardroom at CherryWood Village. Folks are welcome to gather at 9:30 to visit, meditate and talk one on one with Mary Ann. The group formally begins at 10:00 a.m. and ends at 12:00 p.m.

Family Caregivers very often feel they have to carry the load of being a caregiver by themselves and that they have to do all things for their loved won with special needs perfectly. Does that sound like you or someone you know? The CherryWood Family Caregiver Support Group will provide a safe, confidential, non-judgmental environment to talk about the challenges of caregiving, the critical importance of self-care, the joys that can come with being a family caregiver, how to ask for help, and the opportunity to be part of a very special community of people.

Contact Lynda Scott in the Marketing Department with questions, concerns or ideas. She can be contacted at (503) 408-0404 or email her at lscott@cherrywoodvillage.net.

"It is a sign of strength to ask for help"