

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



Each month CherryWood Village is host to a gathering of family caregivers who live at CherryWood and in the surrounding community.

The group meets the second Thursday of each month in the Boardroom at CherryWood Village Square, 11:00am - 12:15pm.

Our purpose is to provide a safe, confidential, non-judgmental environment to talk about the challenges of caregiving; learn how to express feelings, needs & concerns; the critical importance of self-care; the joys that can come with being a family caregiver; how to ask for help; identifying resources to support the caregiver; and the opportunity to be part of a very special community of people that come together to share and learn from each other. You may join in anytime and participate at any level that you feel comfortable with.

Questions? Please contact Shannon at
CherryWood Village Retirement Community

503.408.0404 or svial@cherrywoodvillage.net

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