Being a caregiver can be stressful at times. We're here to help. Whether you're caring for

a parent,

neighbor,

or friend learn how to make time for yourself, receive the advice and

encouragement you need and gain a new perspective.

DISCOVER:

* Stress management techniques
* Local resources available • New approaches to

**caregiving**



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**Call 678-207-2345 for more information.**

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