



Caregiver Support Group

Facilitator: Laura Rasmussen, LSW

Caregiving for an elderly family member or friend with dementia?

This group provides support and is a safe place to discuss the stress and frustrations of caregiving. It is also a great way to meet others who are going through similar situations and build a network of support and friends to help you during this journey through the ups and downs.

**Coffee and snacks provided by Twin Town Villa*

Time and Date: 3rd Monday of every month

10:00am-11:00 am

Location: Twin Town Villa Senior Living

615 Durum Drive, Breckenridge MN

*Contact Laura at 651-347-2590 or
laura.rasmussen@lssmn.org*



**Lutheran
Social Service
of Minnesota**