



It's not the hard part of caregiving.

When someone you love needs care, it's natural to want to be the one to provide it. But when caregiving becomes difficult, talking with people who understand can help. Find support by joining the **Family Caregiver Call-In**. You'll talk with caregivers and experts and find resources to help you better care for your loved one – and yourself.

Family Caregiver Call-In

It's FREE and easy to participate.

Step 1: Call (877) 416-7083 to reserve your spot on the call and to get the call-in phone number

Step 2: Dial in on the 2nd Tuesday of each month from 1:00 - 2:30 pm

For more information, contact Lynn Scheinoha toll-free at the Aging & Disability Resource Center of the Lakeshore: (877) 416-7083.