

# CAREGIVER SUPPORT *Services*



***Caregiving takes a major toll on the well-being of individuals. Family caregivers need support as they face major difficulties in meeting their loved ones' needs, in addition to attempting to maintain their own emotional and physical health.***

If you are caring for a spouse, aging parent, or a neighbor, you may benefit from support. We are here to help!

- **Monthly Caregiver and Grief Support Groups**  
*(see backside of handout)*
- **Individual Meetings and Support (Caregiver Consulting)**
- **Caregiver Education**
- **Respite Services**
- **Resource Assistance and Advocacy**

***"A place for caregivers to be heard and to be understood."***

**Call 218-353-1464 or email  
[ericka@nsapartners.org](mailto:ericka@nsapartners.org) for more information.  
36 Shopping Center, Silver Bay | [www.nsapartners.org](http://www.nsapartners.org)**

North Shore Area Partners programs are funded in part by MN DHS Live Well at Home grants. However, individual contributions are critical to our work. Learn more about how you can support us by visiting [www.nsapartners.org/donate](http://www.nsapartners.org/donate).

FEBRUARY 2024



# CAREGIVER SUPPORT *Groups*



## How support groups can address caregivers' needs:

- Provide a place where caregivers can share their concerns and experiences.
- Provide a place to obtain information about resources and services.
- Provide a place to share ideas and suggestions on how to best handle their loved ones' needs and their roles as a caregiver.
- Help to create a feeling of community, reduce stress and to provide an opportunity to share the rewarding and positive aspects of caregiving.

### **In-Person/Virtual Caregiver Support Group**

*1st Wednesday, 7– 8 pm* | NSAP, 36 Shopping Center, Silver Bay

*2nd Wednesday, 1 – 2 pm* | Baptism River Community Church, 6768 State Hwy 1, Finland

Please contact Ericka Blanchard, LSW, to enroll in the group of your choice and to receive the meeting link. [ericka@nsapartners.org](mailto:ericka@nsapartners.org); 218-353-1464

### **Parkinson's Support Group**

*1st Wednesday, 10:30 – 11:30 am* | NSAP, 36 Shopping Center, Silver Bay

Please contact Karen Bzdok to RSVP at 320-310-2584.

### **Care Connections**

*2nd Wednesday, 10 – 11 am* | Clair Nelson Center, 6866 Cramer Rd, Finland

Please contact Ericka Blanchard, LSW, to enroll in the group. [ericka@nsapartners.org](mailto:ericka@nsapartners.org); 218-353-1464

### **Grief Support Group**

*1st Thursday, 1 – 2 pm* | NSAP, 36 Shopping Center, Silver Bay

No need to register before attending. Questions? Call 218-353-1464.

### **Caregiver Support Group**

*2nd Thursday, 1 – 2:30 pm* | NSAP, 36 Shopping Center, Silver Bay

No need to register before attending. Questions? Call 218-353-1464.