## Caregiver Educational Support Group

This month's topic: The 8:8:8 Rule...Rest

Central Church of Christ Commons Room 1401 S Madison St Amarillo, TX 79101

(806) 331-2227

Wednesday **March 5th** 12:00 - 1:00



## Lunch will be provided Please RSVP

A TELL



Join us at Central Church of Christ Commons Room the first Wednesday of every month to:

- Discuss the challenges of caregiving
  - Meet others with similar experiences
- - Share feelings in a safe place
    - Find local resources and guidance from professionals