

Virtual Caregiver Support Group



Caring for an older loved one? Feeling stressed?
Overwhelmed? Looking for a place to vent and share ideas
with others in a similar situation?

Join us for a virtual, monthly caregiver support group
(Caregivers from all communities welcome)

Date: First Tuesday of every month

Time: 5:30 pm – 6:30 pm

Location: Virtually on Zoom

To sign-up or for more information call
Sharon Gunda, LCSW at 781-698-4851 or Email
sgunda@lexingtonma.gov



Town of
Lexington
Massachusetts



Minuteman
SENIOR SERVICES

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