



Caring for Others Support Group

Do you provide physical or emotional care, transportation, meals, personal care or companionship for someone else?

As a result, have you ever felt angry, depressed, frustrated, isolated, resentful or burned-out?

If so, you could benefit from the Caring for Others support group, which meets the 2nd Wednesday of every month at 6pm at this location:

Center for Rehabilitation
McLaren Bay Region-West Campus
3190 E. Midland Road
Bay City, MI 48706

For further information, contact (989) 667-6636.

For more information about McLaren Bay Region services and other support groups, please visit our website at www.mclaren.org/bayclasses.

