



Caregiver Support Group

**Build a support system
with people who understand**

Join us for our Caregiver Support Group at the Mustard Seed Project. This is a safe place for unpaid caregivers, their family, and friends to exchange practical information on caregiving problems and possible solutions, talk through challenges and ways of coping, share feelings, needs and concerns, and learn about resources available in the community.



Caregiver Support Group

**Third Monday
every month**

2:00pm

- Join us in-person at the Crandall Center
**9016 154th Ave. Ct NW
Lakebay, WA 98349**
- Call or email TMSP to receive a zoom link to join virtually

Phone: 253-884-9814

Email:

information@themustardseedproject.org