



Litchfield Health & Wellness Resources, Inc.

**Are you a Caregiver
for someone you love?**

Litchfield Health & Wellness Resources is offering a

CAREGIVERS SUPPORT GROUP

Friday, June 19 – Friday, August 7
Eight (8) sessions 1 p.m. – 2:30 p.m.
by Zoom

To register, contact the group facilitator,
Eileen L. Epperson: info@forgivenesscoaching.com
Call or text cell: 860-605-6576

This is a gift to the community from
Litchfield Health & Wellness Resources ~

To find out about more resources: www.litchfieldwellness.org