

# Caregiver Support Groups



**Plymouth Creek Center: 14800 34th Ave. N, Plymouth 55447**

3rd Wednesday of each month, 10—11:30 AM

Contact: Becky Allard 952-746-4028

**Edina Senior Center: 5280 Grandview Square, Edina 55436**

1st Thursday of each month, 1—2:30 PM

Contact: Krystal Wiebusch 952-767-7899

**Chanhassen Senior Center: 7700 Market Blvd., Chanhassen, MN 55317**

1st Thursday of each month, 1:30—3:30 PM

Contact: Lee Ann Eiden 952-934-3370

**Minnetonka Community Center, 14600 Minnetonka Blvd., Minnetonka**

2nd Thursday of each month, 10—11:30 AM

Contact: Lisa Engdahl 952-767-7891

**Eden Prairie Senior Center, 8950 Eden Prairie Road, Eden Prairie**

3rd Thursday of each month, 4:30—6 PM

Contact: Lee Ann Eiden 952-934-3370

These are open groups that caregivers may join at any time. There is no fee for group participants. Group sessions focus on helping individual caregivers as they care for themselves and loved ones. The support group is a place to share experiences, struggles, humor, coping strategies, and learn from one another. Education and empowerment opportunities are presented as well.



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