



Caregiving can be hard. Find support for your journey.

A Licensed Social Worker can provide the assistance and support that informal caregivers need most. People who use our Caregiver Services report reduced stress, better physical & mental health, and increased ability to provide care.

Monthly Caregiver Support Groups

15+ locations & virtual - gather and share support with other caregivers who just get it.

One-on-One Coaching

Personalized support to keep a balanced & healthy lifestyle.

Caregiver Consultation

Addressing your concerns about the person receiving care.

Family Meeting Facilitation

Enabling healthy communication and fewer misunderstandings.

Contact Us to Get Started

612-770-7005 or carenextion@seniorcommunity.org
seniorcommunity.org/caregiver-support



SENIOR
COMMUNITY
SERVICES

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