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**Family Service**  
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**Free Service**

# Caregiver's Chat

## June 2009

Are you caring for an elderly or disabled person?  
Feeling overwhelmed or stressed?

Come to a *Caregiver's Chat* where you will find  
support, encouragement, and friends.

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### Jamestown Group

4<sup>th</sup> Tuesday of each month  
12:15 to 1:45 P.M.



Christ First United  
Methodist Church  
663 Lakeview Ave.  
Room 111

Date: June 23<sup>rd</sup>, 2009

Topic: Open Forum

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### Dunkirk Group

4<sup>th</sup> Thursday of each month  
12:30 to 2:00 P.M.



St. Johns United  
Church of Christ  
733 Central Ave.  
Parlor Room

Date: June 25<sup>th</sup>, 2009

Topic: Open Forum