

# The Towers at Tower Lane and Jewish Family Service of Greater New Haven Are Pleased to Offer a New Group for Our Community's Caregivers

Do you care for a loved one or family member?

Do you find yourself isolated from others because of your role?

Join us for meaningful time together as we take a break and recharge. Learn how to find balance in your life as you support your loved one.

Facilitated by a licensed social worker.

**This group meets once a month on Wednesdays:**

February 12th, March 11th, April 8th, May 13th and June 10th

5:30–6:30 pm • Kosher nosh provided

**The Towers at Tower Lane**  
18 Tower Lane  
New Haven, CT

Please RSVP to Liz Davenport, LMSW  
203-389-5599 x117



This program is made possible through a generous grant from the Jewish Federation of Greater New Haven

