



**BOSTON SENIOR HOME CARE**

# Virtual Caregiver Support Group

By phone or video chat

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Learn about self-care and  
resources while connecting  
with other caregivers like you.

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Available at no-charge  
from the convenience of  
your own home!

**Join Us!**

The group meets  
every week on  
Monday (10-11AM)

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Contact us for more  
information and  
to register:

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617-292-6211

[info@bshcinfo.org](mailto:info@bshcinfo.org)



**BOSTON SENIOR  
HOME CARE**

Your home. Your choice. Your care.