

For more information

Call

(716) 488-1971

Or

Toll Free

1-888-358-3899

Family Service
of the
Chautauqua Region

332 East Fourth Street

Jamestown, NY 14701

www.fscrmentalhealth.com

MISSION STATEMENT:

To strengthen the
mental health and
well being of
individuals,
families,
and our
community



Phone: (716)488-1971

Fax: (716)483-6878



**CAREGIVERS
CHAT**

Building Healthy Families

**Family Service of the
Chautauqua Region, Inc.**

(716)488-1971

1-888-358-3899

332 East Fourth St.

Jamestown, NY 14701

Fearful Resentful Angry Overwhelmed Guilty Confused Hopeless Depressed Stressed

Caregivers: Do you need help?

* Are you caring for an elderly spouse, parent, grandparent, friend, client, or someone else?

* Are you, at times, overwhelmed and feeling stress related to the care of an elderly person?

* Are you feeling the need to better understand the physical and emotional needs of the person in your care?

* Would it be helpful to meet with a professional to discuss your concerns on a confidential basis?

* Are you feeling anxious, fearful, or depressed?

You are not alone!



Meeting Location:

Jamestown, NY

4th Tuesday: 12:15 to 1:45 pm
Christ First United Methodist Church
663 Lakeview Avenue

Caregiver Support Groups are held
monthly at no cost to you.



We are here to help caregivers better handle the stress of caring for a loved one, call us today.

(716)488-1971

Supportive Counseling Available

It's FREE!

**Held in Cooperation with
Chautauqua Adult
Day Care Center**

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