

For more information

Call

(716) 488-1971

Or

Toll Free

1-888-490-7674

Family Service  
of the  
Chautauqua Region

PO Box 457

332 East Fourth Street

Jamestown, NY 14702-0457

[www.familyservicecr.com](http://www.familyservicecr.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

E-mail: [fscr@familyservicecr.com](mailto:fscr@familyservicecr.com)

[www.familyservicecr.com](http://www.familyservicecr.com)

Rev 2011



**CAREGIVERS  
CHAT**

**Building Healthy Families**

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

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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?

## 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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**You are not alone!**

