



Caring for Caregivers: A Caregiver Support Group

Wednesdays | 1:00 p.m. – 2:00 p.m.
at the Cohen Clinic at Centerstone
775 Weatherly Drive, Clarksville, TN 37043

Led by: Leahanna McDonald

This is an open support group for the caregivers of veterans, wounded service members, and children/family members with special needs. This group will focus on self-care, psychoeducation, the caregiving life style and empowerment, with the goal of reducing stress and improving quality of life. This is also a time to connect with others who may share your experiences, understand what you are going through, and develop a peer support network.

Enrollment is free.

*For more information, call: 931-221-3850
or email: cohen@centerstone.org*



The Steven A. Cohen
Military Family Clinic
at Centerstone