

Wilton Community Center

CAREGIVER SUPPORT GROUP

Caring for a loved one can be deeply meaningful—and deeply challenging. This group offers a welcoming space to connect with others who understand, exchange ideas, and find comfort and encouragement along the way.

First Meeting
November 12th
10 - 11:30 am
21 Gregg St. Wilton, NH

We'll explore what the community needs and decide how often to meet

CONTACT US

- 603 - 422 - 2300
- programs@wiltoncommunitycenter.org
- www.wiltoncommunitycenter.org



WHAT TO EXPECT:

- A safe, supportive, and judgment-free space for caregivers to share experiences and insights
- Opportunities to relax and build community with others who “get it.”
- Occasional enrichment activities such as crafts, chair massages, or guest speakers
- Discussion on local resources, information, and helpful ideas from fellow caregivers

SCAN
ME!



The Wilton Collaborative Space is a project of the WILTON COMMUNITY CENTER, EIN 46-1401331, is Tax Exempt under Section 501 (c) (3) of the Internal Revenue Code. Contributions to the Wilton Community Center may be deductible for those who itemize.

