

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.

Second

Wednesdays

e.g. Dec. 10, Jan. 14, Feb. 11

10 - 11:30 am

21 Gregg St. Wilton, NH

Parish Hall of the Second
Congregational Church of Wilton*

*This group is non-sectarian

CONTACT US

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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.

