

*Caring for Others? We're Here to Help.*

# CAREGIVER SERVICES



Are you or someone you know helping an older adult who is your spouse, partner, family member, friend, or neighbor and you're looking to connect for support?

*Specializing  
in memory  
loss caregiver  
support*

**Give us a call.  
We'll help you  
navigate the journey.**

## Care for yourself as you care for others.

The Lyngblomsten Community Services team is here to help you on your caregiving journey. Our staff provide individualized support and resources to caregivers in person, over the phone, via email, and online via Zoom.

### Connect with us for:

- **Education and Access to Resources**
- **Memory Loss Caregiver Support Groups**
- **Caregiver Coaching**  
*Memory loss specific*
- **The Gathering**  
*In-person group respite program for people living with memory loss*

### Don't know what you need?

Connect with us. Our trained staff are here to listen and will help you take the next step on your journey.



*For more information:*

### Lyngblomsten Community Services

(651) 632-5320 | [caregiving@lyngblomsten.org](mailto:caregiving@lyngblomsten.org) | [www.lyngblomsten.org/caregiving](http://www.lyngblomsten.org/caregiving)

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