



Caregivers

SUPPORT GROUP

Caring for a loved one with a chronic illness can be challenging—and you don't have to do it alone.

Welia Health's Caregivers Support Group offers a safe space for caregivers of individuals with dementia, Alzheimer's, cancer, heart disease, or other health conditions. Share experiences, learn coping strategies, and find support from others who understand



New for 2026: A Community Partnership

We're excited to partner with **Family Pathways**, bringing additional resources and caregiver expertise to our monthly support group.



Starting February 18, 2026
1:00PM–2:00PM



Welia Health–Mora
Conference Room 2
301 Highway 65 South
Mora, MN 55051

**NOW ON THE
THIRD WEDNESDAY
OF EACH MONTH**

You are not alone.

Support, connection, and guidance are here for you.
Everyone is welcome to these free sessions!

Questions?

Call Welia Health's Rachel Adams, LSW, at 320.225.3576 or Family Pathways Caregiver Consultant, Angie Detert, at 320.364.3526.

2026 DATES

