



# 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

