

# *Hospice of Montezuma*

512 N Broadway  
Cortez, Colorado 81321  
970-565-4400

## *Free Community Caregiver Support Program Through Hospice of Montezuma*

*Caring for a family member or friend is not easy. Caregiving often comes with new responsibilities and unfamiliar tasks. Support resources are sometimes available but the caregiver is not always aware of them. To learn more about caregiving, the decisions you may need to make, enhancing your loved one's quality of life and where you can go for help and support, Hospice of Montezuma has a no-charge community caregiver outreach program that includes:*

- ❖ *Bereavement and Emotional Support*
- ❖ *Caregiver Resource Support and Education*
- ❖ *Helping Facilitate Effective Family Meetings*
- ❖ *Caregiver Self Care Support*
- ❖ *Caregiver Group Support*

\*\*\*\*\* also available \*\*\*\*\*

✦ *Friendship Social Group* - Call Hospice for details 970-565-4400

Support, friends, & social activities after a loss or during a caregiver role to provide relief from isolation

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*Upcoming special events:*

*Veterans Focus Group – Special Support Programs Available for Veterans  
Monday, January 28<sup>th</sup> 2019 from 10:00 a.m. – 12:00 p.m. noon*

Call 565-4400 for information

Sunny Bossenmaier – Support Services Coordinator