

Caregiving 101



Colleen Smith, LSW

Caregiver Support
Monmouth County Office on the Aging

Are you a caregiver for an elderly loved one or friend? Are you feeling tired, overwhelmed or isolated?
Come, relax and find out about local resources and information that may be of assistance to you.

Colleen Smith, LSW, caregiver specialist, from the Monmouth County Office on Aging will share information about programs and strategies that will make your life as a caregiver more manageable.

Wednesday, May 30, 2012

7:00 - 8:00 pm

Please call the library at 732-264-7164 to register.

This program is funded by the National Family Caregivers Act, a federally funded grant initiative administered by the Monmouth County Board of Chosen Freeholders.

Hazlet Township Public Library

A branch of the Monmouth County Library system

251 Middle Road, Hazlet, NJ 07730 • 732-264-7164 • www.monmouthcountylib.org