

News

Macomb County
Office of Public Affairs



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FOCUS ON ME SUPPORT GROUP

MOUNT CLEMENS, Mich. – The Macomb County Department of Senior Citizen Services sponsors an ongoing monthly “Focus on Me” Support Group for caregivers who take care of loved ones’ needs and neglect themselves in the process.

This group focuses on taking care of the caregivers and dealing with issues they face. Many times they are unaware that caregiving for themselves is just as important as caring for their loved ones. Discussion is tailored to the needs of the participants.

Meetings are held on the third Tuesday of each month at the Senior Citizen Services Auditorium in the VerKuijen Building, 21885 Dunham Road, Suite 6, Clinton Township. The next meeting is 9:30 to 11:30 a.m. Tuesday, Jan. 18. Call Barbara Towler at 586-493-0664 for more information.

The Macomb County Department of Senior Citizen Services is sponsored by the Macomb County Board of Commissioners and receives county funds for all services. Funding for the department also comes from the Area Agency on Aging 1-B, the state of Michigan, the Older American Act and the Family Independence Agency.

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