



O.A.S.I.S.

For Caregivers

***"Opening Avenues for Sharing,
Insight and Socialization"***

When: 2nd Wednesday of the month

Time: 3:00-4:00 p.m.

Where: Meeting room @Newbury Council on Aging,
12 Kent Way, Byfield, MA

- Are you caregiving for your spouse, partner, child or close friend who has received a terminal diagnosis? Or are you recovering from their death?
- Are you looking for a respite from all the changes happening around and inside you?
- Are you looking for a positive, healing place to recharge your spirits?

OASIS is a gathering of folks with the aim of providing a safe, non-judgmental, confidential place for sharing our experiences as caregivers. Caregiving at this stage of life and under these circumstances can be draining on our finances, our health and our spirits. There are so many subtle, daily losses that can add up and become overwhelming, even for the strongest among us.

OASIS is offered free as a community service. Refreshments are served. Come join us.