



## PRO Specially designed for Families & Caregivers

Linda Burhans offers a warm, welcoming space for caregivers to share their challenges, learn practical tools, and feel genuinely understood.

With Linda's well-known blend of compassion, humor, and decades of caregiving experience, the group provides emotional support, helpful resources, and a sense of community that reminds caregivers they are not alone. It is a place to recharge, connect, and gain the strength and guidance needed to continue caring with confidence and hope.



[Seminole.Arden-Courts.com](https://Seminole.Arden-Courts.com)

# Caregiver Support Groups

## Second Friday of Each Month

10:00 a.m. to 11:30 a.m.

JANUARY 9, 2026

FEBRUARY 13, 2026

MARCH 13, 2026

### Arden Courts of Seminole

9300 Antilles Drive  
Seminole, FL 33776

**RSVP to Donna Ceasare**  
**at 727-512-9925 or**  
**[dceasare@arden-courts.com](mailto:dceasare@arden-courts.com)**

**Facilitator: Linda Burhans,**  
***The Gal that Cares***

