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## Caregiving and Thanksgiving

During the Thanksgiving holiday, family caregivers can often feel the extra stress that can be involved with planning and preparing for family gatherings. As a concerned friend or family member of someone who is a family caregiver, you can help lend additional support that may alleviate extra pressures or concerns. Crossroads Hospice and Charitable Foundation offers the following five suggestions for supporting a family caregiver you may know and care about at: <https://crhcf.org/Blog/5-tips-for-helping-family-caregivers-this-thanksgiving/>.

[www.dmh.mo.gov/dd](http://www.dmh.mo.gov/dd)  
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