

# Caregiver Support Group

*Together, We Become Stronger*



**Join Us the  
First Thursday  
Every Month  
at Noon**



**(858) 485-8001**  
10603 Rancho Bernardo Rd  
San Diego, CA 92127  
ActivCareLiving.com

***Our Caregiver Support Group is here to help caregivers  
that have placed or have loved ones at home:***

- **Gain support from your peers** facing the same decisions and adjustments.
- **Understand your role** as a family caregiver now that you have placed.
- Learn what is normal and **what to expect of yourself**, your loved one, and others in your life.
- Gain strength from the group, **derive help from sharing** and listening.

**Facilitator:** Kindred  
Hospice 

Lunch will be provided.

Lic. #374603714

***Join us! Everyone is welcome.***