

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.