



CAREGIVER

Support Group

We support YOU while you care for a friend or loved one.

Whether you're a seasoned caregiver or just beginning this journey, our support groups provide a space to connect, learn, grow, and heal.

You are not alone!



**3RD WEDNESDAY
OF EVERY MONTH**
3 PM - 4:30 PM



THE BEDFORD CENTER*
1811 C STREET
ANTIOCH, CA 94509



RSVP TO JAZMINE VEGA
JVEGA@CHOICEINAGING.ORG
(925) 778-4171 X212



*VIRTUAL PARTICIPATION
AVAILABLE VIA ZOOM