



CAREGIVER SUPPORT GROUP

You are not alone.



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.



Join Us



Second Wednesday
of Every Month



3:30 PM - 5 PM



The Bedford Center
1811 C Street, Antioch, CA 94509

We Offer



Guidance from a Choice
in Aging Social Worker



Connection, Learning &
Emotional Support



A Safe Space to Share
Experiences & Ask
Questions



Caregiving, Legal &
Financial Resources



Support in Partnering
with Doctors & Care
Teams



Tools for Stress
Reduction & Self-Care



Practical Coping Skills
for Life's Changes

RSVP

CONTACT:

Elena Moreno Hernandez

emorenohernandez@choiceinaging.org
(925) 778-4171 x212