Are you feeling overwhelmed or lost regarding how to care for your loved one?

Would you like to talk with people who understand your frustration, your sadness, and your anxiety?

• Support Groups are where individuals with similar challenges and experiences share and learn from one another.
• Support Groups give caregivers ideas for sustaining yourself in order to continue coping.
• Support Groups offer caregivers crucial ways to make meaning of your caregiver experience through shared wisdom.

Join us:
2nd Wednesday of every month 10:00 am – 11:30 am
Eskaton Village Carmichael
Windsor Room
3939 Walnut Avenue, Carmichael
Call 916-459-3220 for more information
No reservation necessary

Caregiver Support Groups

Cynthia Driver is a care navigator with Live Well at Home assisting families and clients through healthcare and disease challenges. She has a degree in kinesiology and geriatric care management and has been involved with senior care for 15 years. Cynthia’s personal caregiving experience drives her passion to navigate effectively and support seniors.