

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



## Caregiver Support Groups

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**



**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.