

FAMILY CAREGIVER SUPPORT GROUP



FRIDAYS

2:30 - 4:00 PM ON ZOOM

Ongoing compassionate support and sharing are essential to sustain the personal journey of the family caregiver. This virtual group encourages, supports, and emphasizes self-care, regardless of the diagnosis of the care receiver. This is an opportunity to connect with others in a similar situation.

REGISTRATION IS REQUIRED TO ATTEND.

SIGN UP ONLINE AT

<http://www.hospiceslo.org/support-groups>

All services are provided at no charge. Donations appreciated.

(805) 544-2266 | www.hospiceslo.org

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