

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 Music Room**

**3939 Walnut Avenue, Carmichael**

**Call 916-459-3220 for more information**

**No reservation necessary**



**Jennifer Bollum** is assistant executive director at Live Well At Home and is involved in the strategic development of home care services. Jennifer has a degree in Human Services and is passionate about helping seniors live their lives to the fullest. Jennifer has provided care management to seniors diagnosed with dementia and assisted in creating Transforming Dementia Care, a Live Well program focused on person-centered, in-home dementia care.