

Caring for the Caregiver

VIRTUAL SUPPORT GROUP

Presented by Community Hospice and Sutter Health Memorial Medical Center Patient Family Advisory Council.

2023 SCHEDULE

**SECOND THURSDAY OF
EVERY MONTH AT 11:00 AM**



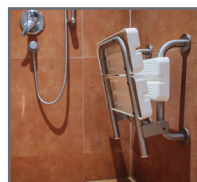
February 9, 2023
Survivors' Guilt



August 10, 2023
In-home Caregiving
Resources



April 13, 2023
Social Groups for Seniors
in Stanislaus County



October 12, 2023
Shower Safety
and Transfers



June 8, 2023
Caregiving While
Raising Children



December 14, 2023
Meditation

Join us for our Free Virtual Caregiver Support Group. Learn practical and emotional advice in a nurturing, supportive and encouraging environment.

**TO JOIN
VISIT:**

bit.ly/2023Caregiver

Meeting ID:
839 6937 5096

Passcode:
016128



For more information, contact Shelly Baker,
Volunteer Services Manager at 209.572.7128.

