



Caregiver Support Groups

Caregiver support groups are offered at the following locations:

1. Kaiser Permanente Bostonia Medical Office
1630 East Main Street, El Cajon 92021
Lobby Area, Group Rm. 7
2nd & 4th Thursdays from 2 – 3 pm
2. Kaiser Permanente San Diego Medical Ctr
9455 Clairemont Mesa Blvd, 92123
See 1st Floor Info Booth for classroom
2nd and 4th Wednesdays from 2 – 3 pm
3. Kaiser Permanente Vista Medical Office
780 Shadowridge, Vista 92083
2nd Floor Classroom,
1st & 3rd Wednesdays from 2:30 – 4 pm

For additional information, please call
(619) 641-4456.