

# Caregiver Support Group

CONTINUING CARE SERVICES DEPARTMENT



If you care for aging or ill family members, you may not be taking time to care for yourself.

Kaiser Permanente offers Caregiver Support Groups—  
to help you keep on helping your loved one

During group meetings, you will be able to share your experiences with caregiving. You will learn about coping skills, community resources, caregiver techniques and legal issues. Perhaps most importantly, you will meet others who are also caring for family members or friends. You will be reminded that you are not alone.

Each Caregiver Support Group is co-facilitated by a social worker and a nurse. There is no charge and they are open to the public. For additional information call 619-641-4456.

## Caregiver Support Groups are offered at the following locations:

- 1. Kaiser Permanente Bostonia Medical Office**  
1630 East Main St., El Cajon 92021, Lobby Area, Group Rm 7  
Second and Fourth Thursdays from 2:00-3:00 p.m.
- 2. Kaiser Permanente San Diego Mission Road 1**  
10990 San Diego Mission Rd., San Diego 92108  
Check lobby screen for room  
First and Third Wednesdays from 2:00-3:00 p.m.
- 3. Kaiser Permanente Vista Medical Office**  
780 Shadowridge Dr., Vista 92083, 2<sup>nd</sup> floor Classroom  
First and Third Wednesdays from 2:30-4:00 p.m.