

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.

To slow the spread of the Coronavirus/COVID-19, Kaiser Permanente has temporarily cancelled all in-person Support Groups. We will open groups back up as soon as it is safe for our members and our staff. Thank you for your understanding.