

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.

INTRODUCING: ONLINE VIRTUAL SUPPORT

ALL PARTICIPANTS MUST REGISTER BY 9AM THE MORNING BEFORE THE GROUP. PLEASE CONTACT MARY INGALLS, LCSW, TO REGISTER AT 760-599-2323, OR EMAIL AT MARY.E.INGALLS@KP.ORG

ONLINE: 1ST & 3RD WEDNESDAY OF EVERY MONTH FROM 2:30PM – 4:00PM

FACILITATED BY: MARY INGALLS, LCSW

<http://continuingcare-sandiego.kp.org>



Updated 7/8/20