

2015

FAMILY CAREGIVER SUPPORT GROUP

MONTHLY SUPPORT GROUP

Caring for an Aging Family Member

Addressing the fears of Alzheimer's disease and other issues associated with aging.

Walnut Creek Group

2nd Thursday of every month

6:00PM – 7:30PM

Eldercare Services, Walnut Creek

No fee and no registration necessary*



Are your concerns with aging interfering with your work, your health or your relationships?

Are any of these feelings/behaviors familiar?

Exhaustion • Anxiety • Loss of Patience • Grief • Guilt • Anger • Depression • Illness •
Not Sleeping • Weight Loss • Body Injury • Sadness • Resentment

If so, you may need to join a support group.

Groups are led by Eldercare Services Certified Professional Care Managers

Support Group Benefits:

- Get helpful tips on how to reduce the burden of caregiving.
- Learn new ways of caring for yourself.
- Feel empowered to take care of yourself so you can continue to lovingly care for your family member.

***To find out more and learn about our educational classes, call 866.760.1808 or email Info@EldercareAnswers.com**

Providing Bay Area families with Care Management, Home Care Services, Advocacy, Counseling, Support Groups, and Education since 1989.

www.EldercareAnswers.com

Main Office: 1808 Tice Valley Blvd | Walnut Creek, CA | 866.760.1808



Accredited by The Joint Commission

