

CAREGIVER SUPPORT GROUP

FREE

TUESDAYS

10:30 - 11:30 AM

Berkeley Senior Centers

6 week commitment
required

Open to all senior center members!
Membership is FREE and EASY!

- ⇒ **Connect with others who care for older adults 60+**
- ⇒ **Learn new caregiving strategies**
- ⇒ **Share experiences & outcomes with fellow caregivers**
- ⇒ **Receive & provide emotional support**
- ⇒ **Learn about available resources**

Call today to register for an upcoming group!

PRE-REGISTRATION REQUIRED. FOR MORE INFORMATION CONTACT:

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