

Bedford's Caregiver Support Group

Supporting YOU while you care for a friend or loved one.

When:

1st Wednesday of each month
3:30-4:30 pm

Where:

The Bedford Center
1811 C St.
Antioch CA, 94509

Facilitated by:

Cheryl Kremer, SW

Please RSVP by emailing
ckremer@choiceinaging.org
or calling
[925-778-4171 ext. 212](tel:925-778-4171)

Future Support Group Dates:

Dec. 1st
Jan. 5th
Feb. 2nd
Mar. 2nd

*Dates are subject
to change



To ensure the safety of all present we will enforce COVID safety protocols. Please wear a mask and maintain distance. Sanitization stations will be available.