

## Bedford's Caregiver Support Group

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

### When:

2<sup>nd</sup> 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](mailto:ckremer@choiceinaging.org)  
or calling  
[925-778-4171 ext. 212](tel:925-778-4171)

### Future Support Group Dates:

Feb. 9<sup>th</sup>

Mar. 9<sup>th</sup>

Apr. 13<sup>th</sup>

May. 11<sup>th</sup>

June 8<sup>th</sup>

\*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.