



## CAREGIVER SUPPORT GROUP

### THE BEDFORD CENTER

*We support YOU while you care for a friend or loved one.*

Whether you are an old hand at caregiving or just starting out on the caregiving journey, support groups offer an opportunity to learn, share your knowledge, plan for the future, and invariably, to laugh. Please join us!



### WHEN

4th Wednesday of every month  
4 PM – 5:30 PM



### WHERE

1811 C Street  
Antioch, CA 94509



### RSVP: CHERYL KREMER-YOUNG

(925) 778-4171 x212  
[ckremer@choiceinaging.org](mailto:ckremer@choiceinaging.org)