



You call it “assisting your loved one”...

*We call it **CAREGIVING***

The Caregiver Support Center serves as an essential resource for emotional, social and physical support, information and respite from the stress of caregiving.

Our Support Groups help caregivers discuss and resolve problems and determine needs in caring for older adults. Support groups are open to anyone who is caring for an aging loved one.

Support groups are a safe space where tears are permitted, humor is encouraged, and support is overflowing.

Caregiver Support Center services can provide:

- Resources
- Individualized consultations
- Respite & home modification grants
- Community training & education
- Assessment of current caregiving challenges

Senior Concerns is a 501(c)(3) charitable organization Tax ID #95-2992927

Current **Support Groups** are held via Zoom.

For information on the **Caregiver Support Center** visit www.seniorconcerns.org

Our Support Groups help both seniors and their caregivers discuss and resolve problems, share in a confidential setting, and get feedback and support from people going through similar situations.

All support groups are free of charge and create a community for people to have a safe and supportive place to share.

Group Information

Parkinson's Support Group

Where: In Person at Senior Concerns

When: First Tuesday of each Month,
2:30 – 4:00 pm

Who: People who are diagnosed with Parkinson's and their care partners can attend together

Caregiver Support Group

Where: 1st & 3rd Fridays in person at Senior Concerns and 2nd & 4th Fridays over Zoom

When: Every Friday, 10:00 to 11:30 am

Who: Anyone caring for an aging loved one

Caregiver Support Group for Adult Children Caring for an Aging Parent

Where: Over Zoom Online

When: The First & Third Thursday of Every Month, 9:30 to 11:00 am

Who: Adult children caring for an aging parent

Caregiver Support Group

Where: Over Zoom Online

When: Every Wednesday of the Month,
2:30 to 4:00 pm

Who: Anyone caring for an aging loved one

Other Support Groups held at Senior Concerns in collaboration with partner agencies:

Grief Support Group

Where: In Person at Senior Concerns

When: Every Tuesday 11-12 pm

Who: Newly bereaved senior widows and widowers

Contact Hospice of the Conejo to register and for more information at 805-495-2145

Stroke Support Group

Where: In Person at Senior Concerns

When: Every Wednesday 3-4 pm

Who: Anyone who has a stroke and their care partner

Contact Lorrie at (818) 999-1030 to register and for more information call (818) 999-1030



For more information or to request a Zoom link for any Senior Concerns support group, email hhoffman@seniorconcerns.org or call (805) 497-0189.

Registration: Call (805) 497-0189

or at SeniorConcerns.org/programs/support-groups