

LIFE AFTER CAREGIVING SUPPORT GROUP



Monthly online support group
for caregivers whose loved
one has passed away.

WHY SIGN UP?

This support group offers a compassionate space to reflect, share, and find support among others who are experiencing life after caregiving and loss.

Through conversation and connection, participants can explore ways to honor their loved ones and care for themselves.

REGISTER

Contact Elizabeth Gu, MSW, at
(805) 497-0189 or email at
egu@seniorconcerns.org



JOIN US

WHEN: Every first
Wednesday of the month

TIME: 10:00am–11:00am

WHERE: Online via Zoom