



Community Memorial  
HEALTH CENTERS

# Caregiver Support Group

A supportive community for all who care for loved ones with medical, psychological, substance use issues, or developmental disabilities.

Caring for those we love can be exhausting, overwhelming, frustrating, and often sad. This group is designed to:

- Provide a brief respite for participants to focus on self-care
- Help caregivers develop a sense of calm
- Serve as a place of rejuvenation in the company of others who face similar challenges

This group is facilitated by a licensed Marriage & Family Therapist.

For questions call, 805-948-5803.



Every Thursday  
2:50 pm – 4:00 pm

Meet in the Ocean Tower  
Lobby of Community  
Memorial Hospital – Ventura,  
147 North Brent Street.

Our facilitator will escort  
participants to the Mountain  
Tower Board Room.