



1650 Sierra Avenue * Yuba City, Ca. 95993* 530-751-1925

Presents

Caregiver Support Groups

Are you the parent or family caregiver of a child with special needs? Then this twice monthly group is for you!

- Self care
 - Stress management
- Managing unhelpful thoughts
 - Long term care planning
 - Relaxation techniques
- Resources

Tuesdays, 10:30AM – 11:30AM
Thursdays, 6:30PM – 7:30PM

**1650 Sierra Avenue, Suite 106
Yuba City**

Call 751-1925 x107 to register.
Pre-registration is required.

