



## Online Support Group

The most valuable support a family caregiver can receive is from a peer – someone who truly understands what it is like to care for a loved one. Support Groups provide a supportive atmosphere to share experiences and ideas as a way to ease the stress of caregiving.

**Get Connected**

### FAMILY CAREGIVER SUPPORT GROUP:

When: 3rd Thursdays every month

Time: 11:00AM

Email: [Mfernandez31@csuchico.edu](mailto:Mfernandez31@csuchico.edu)



**Dates & Times Subject to Change**

Visit our website:



Email: [mcrc@csuchico.edu](mailto:mcrc@csuchico.edu)

Phone: 530.898.5925

Social Media: [Facebook Page](#)