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Hope Hospice Caregiver Support Group

Caring for Yourself While Caring for Others

The Caregiver Support Group

Are you a caregiver of someone with a chronic or terminal illness? Please join us as we support one another through this challenging, rewarding, and sometimes confusing time. This is a safe place for sharing your feelings, hopes and fears.

You will have the opportunity to learn new coping strategies and ways to better care for yourself.

The Caregiver Support Group will meet every 2nd and 4th Monday of each month.

Time: 6:00 – 7:30 p.m.

There is a comfort in knowing that you are not alone.

No fee to attend. Call us about how to join the group.

Program Highlights:

- Taking care of yourself while you care for family
- Developing new ideas on how to care for others
- Preparing yourself and others for the decline and loss of a family member
- Dealing with family conflict / setting limits
- Sharing feelings, hopes and fears
- Asking for help/coping with isolation (increased font size)

The Hope Hospice Grief Support Center relies on community support. Donations and program sponsorships are needed and are always gratefully accepted. Our resource library and grief support groups are available to the entire community as a community service..

On-Going Grief Support Activities for Adults and Children:

- Grief in the Workplace
- On-Site Support for Schools & Youth Organizations
- Community Seminars
- Resource Library
- Grief Training for Professionals
- Annual Memorial Service
- Volunteer Training

For more information, please call: (925) 829-8770