



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.**

