



Meetings
now in Ojai

CAREGIVERS SUPPORT GROUP

Being a caregiver requires love! This often includes support for us to discover self-care during this challenging labor of love.

Allow us to offer you support and encouragement. You are not alone if you have conflicted feelings.

Burnout can be real—so is real help.

Join us in a confidential forum to find ways to cope in the best interest of your loved one and yourself.

This group is supported by community donations and is free to attend.

MODERATED BY Amanda McQuade-Crawford, MA, Licensed Marriage & Family Therapist

1st & 3rd Monday of each month—10-11:30 am

OJAI UNITED METHODIST CHURCH 120 Church Road

FOR MORE INFORMATION OR TO REGISTER

CALL (805) 642-0239 ext. 775



VISIT lmvna.org/grief

