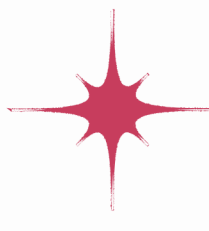


# Caregiving & The Holidays: A Support Group

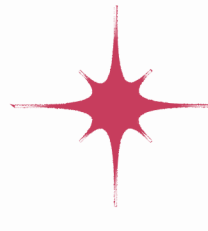




A Virtual 8 week Support & Skills Based Group for Caregivers  
With Licensed Clinical Social Worker, Stephanie Crouch

## Topics Covered:

- Setting Healthy Boundaries
  - Navigating Holiday Expectations
  - Caregiver Wish List
  - Preventing Caregiver Fatigue
  - Responding to criticism
  - Simplify the Holidays
  - Building Your Support Network
  - Connecting with other caregivers
  - And so much more!
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## Details:

- Virtual Group Meeting
  - Tuesdays from 1-2:15pm
  - \$50 per week
    - 2-\$200 payments due before Oct. 17th
  - Closed Group - No Drop Ins
  - 10 Person Limit
  - California Residents
  - Wait List Open Now!
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For more information on our offerings and other services, please visit  
[BayAreaTherapyForWellness.com](https://BayAreaTherapyForWellness.com). You may also call  
or text us at (925) 789-7080  
[Stephanie@BayAreaTherapyForWellness.com](mailto:Stephanie@BayAreaTherapyForWellness.com)

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