

CAREGIVER SUPPORT GROUP



On going weekly sessions are facilitated by a professional therapist.

When:

Wednesdays 10:30 - 12 noon

Where:

**Discovery Counseling
Center 115A Town and
Country Dr. Danville,
CA, 94526
(925) 837-0505**

To join, complete the contact form
on our website:

www.discoveryctr.net

Click on top banner:

Therapy-->Groups-->Get Started
-->Contact Form





You Care for Others. Who Cares for You?

Caregiving is a rewarding journey, but it also comes with immense physical and emotional demands—both at home and in the workplace. Whether you are balancing a professional role or supporting a loved one, your voice matters.

We invite you to our caregiving support group. A supportive space to share the realities and challenges of managing burnout, difficulties in home-life balance to navigating workplace flexibility.

- **Connect** with people with similar struggles.
- **Prioritizing** & normalizing self-care.
- **Discover** resources to support your journey.
- **Share** & gain coping strategies for balance lifestyle & well-being.

Join the conversation now, because you shouldn't have to carry it all alone.

