

*The WorkLife Program, the Employee Assistance Program (EAP), and the Area Agency on Aging (AAA) are proud to host a support group for County of Ventura employees and their spouses/partners.*

# ***ELDER CARE SUPPORT GROUP***

**C**aring for an elderly or sick relative can be stressful, whether your loved one lives with you, lives across town or is out of state.

**C**aregivers need to nourish their spirit and support their physical and mental health.

**J**oin us for support and resources at the Elder Care Support Group on the last Wednesday of each month (January – October).

**N**o registration is required, drop in as your schedule allows.

For more information: [worklife@ventura.org](mailto:worklife@ventura.org) or 805/477-7234



**2020 Schedule**

**Noon - 1:00pm**

**Hall of Administration**

**Government Center**

**Ventura**

**MEDITERRANEAN**

**Conference Room**

**3rd Floor**

**January 29**

**February 26**

**March 25**

**April 29**

**May 27**

**June 24**

**July 29**

**August 26**

**September 30**

**October 28**