

Support group helps caregivers

Caregiving is a difficult and often challenging role. Caregiver support groups provide an outlet to share information and feel connected to others who are also providing care.

Take the opportunity on the second Thursday of every month from 5:30-7pm at the South Lake Tahoe Senior Center 3050 Highway 50 in South Lake Tahoe to become connected and rejuvenated.

Refreshments will be served. Free respite care is available to qualified caregivers. Pre-authorization is required for respite services. For more info, call (530) 621.6151.