



PETALUMA PEOPLE SERVICES CENTER CAREGIVERS SUPPORT GROUP CARING FOR CAREGIVERS

The PPSC Caregiver Support group offers a place for caregivers to discuss the issues of caring for their loved ones in a supportive and safe environment. Facilitated on-line by two qualified professional therapists, individuals can feel confident knowing they are being heard and supported through their caregiving journey.



Petaluma People Services Center is dedicated to improving the social and economic health of our community by providing programs that strengthen the dignity and self-sufficiency of the individual. Our core services include: Senior Services, Counseling, Youth Programing, Housing, Employment and Petaluma Bounty Farms.

Who is caring for the Caregiver?

If you are caring for a loved one and feeling stressed out, you are not alone.

PPSC's Caregiver support will:

- Help you find others who are also on the journey as a Caregiver,
- Learn what you can do to take care of yourself,
- Develop tools with others in the support group to avoid burnout.

PPSC's Caregiver Support Group meets the
2nd and 4th Tuesday of the Month
1:00pm-2:00pm
Via ZOOM

email admin@petalumapeople.org
to make a reservation or call 707-
765-8488 for more information



**PETALUMA PEOPLE
SERVICES CENTER**

Petaluma People Services Center
1500 Petaluma Blvd. South
Petaluma CA
707-765-8488
admin@petalumapeople.org
www.petalumapeople.org