

CAREGIVER SUPPORT GROUP



Monthly Sessions for Caregivers at Catholic Charities Adult Day Services

Caregivers of aging and disabled adults face significant physical and emotional demands, which contribute to financial, physical, and emotional harm for aging adults and caregivers alike.

With the generous support of the San Francisco Rotary Foundation, we are able to provide a year of ongoing sessions that include:

- ✓ Monthly yoga and mindfulness
- ✓ Social support from other caregivers
- ✓ Educational workshops
- ✓ Refreshments provided

OCTOBER WELLNESS SESSION

10/20/26, 3-5PM

- Yoga and Mindfulness with Fernanda
- “Caregiving Tips and the Importance of Self Care” with Carmen Santoni

NOVEMBER WELLNESS SESSION

11/17/26, 3-5PM

- Yoga and Mindfulness with Fernanda
- “Understanding and Responding to Verbal Aggression in Dementia Care” with Anne Almendral

**CONTACT NELSON
HERRERA TO REGISTER:**



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Meetings at 50
Broad St.



San Francisco
Rotary Foundation



SAN FRANCISCO HUMAN SERVICES AGENCY
Department of Disability
and Aging Services