Young Adult Caregivers Support Group

ONGOING NOW

This FCA support group focuses on the needs of family and friend caregivers under the age of 40. Connect with other caregivers to get support and learn.

Facilitated by Jenn Chan, CSA, CCC, founder of Senior Shower Project and former caregiver

The support group meets ONLINE (via Zoom) twice monthly on the 1st and 3rd Thursday — 6 p.m. to 7:30 p.m.

The Zoom login will be provided with registration.

To register contact 415.434.3388, x331; email bayareaintake@caregiver.org.

This program is funded by the California Department of Aging. FCA supports and assists caregivers of adults with chronic or disabling health conditions regardless of race, ancestry, national origin, creed, gender, gender identity, religion, sexual orientation, disability, income, or age. FCA is part of California’s statewide system of nonprofit Caregiver Resource Centers, offering information, education, publications, care planning, legal/financial consultations, and respite assistance. For more information about FCA, call (800) 445-8106 or visit caregiver.org.