



VA California Offices on Caregiving
together with
Mountain Caregiver Resource Center



***Support Family and Informal Caregivers
In Northern California***

TELEPHONE SUPPORT GROUP
for
CAREGIVERS OF VETERANS WITH TRAUMATIC BRAIN INJURY

VA California Offices on Caregiving and Mountain Caregiver Resource Center invite you to join our Telephone Support Group from the comfort of your home or office. Learn about strategies for effectively coping with the role of providing care to Veterans with Traumatic Brain Injury.

When: Second Friday of each month

Time: 10:00am to 11:00am

Facilitated by: Maggie McNamara, BA Family Consultant at Mountain Caregiver Resource Center

***There is no fee to participate in this group**

Northern California: This Telephone Support Group is open to caregivers residing in the following counties: Alameda, Alpine, Amador, Butte, Calaveras, Colusa, Contra Costa, Del Norte, El Dorado, Glenn, Humboldt, Lake, Lassen, Marin, Mendocino, Modoc, Monterey, Napa, Nevada, Placer, Plumas, Sacramento, San Benito, San Francisco, San Joaquin, San Mateo, Santa Clara, Santa Cruz, Shasta, Sierra, Siskiyou, Solano, Sonoma, Sutter, Tehama, Trinity, Yolo, and Yuba

Southern California: A separate Telephone Support Group is available for caregivers living in the southern half of the state. Please contact Southern Caregiver Resource Center at **(800) 827-1008**.

To register please contact:

Mountain Caregiver Resource Center
800- 995-0878

For more information about:

VA California Offices on Caregiving
Call - Toll-Free 877-820-8820