



FAMILY SERVICE AGENCY

Since 1899

Are you caring for a senior loved one?

Learn ways to reduce stress, adjust to role changes and care for yourself.

Join our free and confidential caregiver support group or meet one-on-one with a counselor specializing in caregiver support.

**Call 805.965.1001 ext. 226 or visit
CaringTogetherSB.org today!**

Take Care of You, So You Can Care Better