



Southern Caregiver Resource Center

Caring for those who care for others

Caregiver Support Group

Southern Caregiver Resource Center's (SCRC) is offering a *FREE* support group for spouses/significant others of post-9/11 service members and Veterans with PTSD and/or TBI. *No official diagnosis of PTSD or TBI is necessary.* SCRC's support groups are professionally facilitated and are a place where participants can freely share experiences, coping strategies, concerns, helpful tips and resources.

When:

1st Thursday
of every month

Time:

10:00 a.m. - 11:30 a.m.

Location:

Holiday Inn Oceanside
1401 Carmelo Dr.
Oceanside, CA 92054
The Board Room

Each group is professionally facilitated by:

Michelle Schachtel, IMFT

Southern Caregiver Resource Center Family Consultant and OFC Coach

For more information about this group, Operation Family Caregiver, or other services, contact Michelle Schachtel, IMFT, at (858) 268-4432 ext 115

or mschachtel@caregivercenter.org