



CAREGIVER SUPPORT PROGRAM

"Time for Me" support meeting information

Time for Me is a support meeting for family members and caregiver of hospice, palliative care patients, aging and chronically ill persons in our community. Time for Me provides an opportunity to take a brief beneficial break for yourself, talk with other caregivers, share your caregiver journey, and experience ways to manage stress, guilt, or fatigue.

Groups meet weekly via Teams (Similar to "Zoom") and do not meet on holidays. Below you will find physical addresses only. WE DO NOT MEET IN PERSON. Please call to register.

Mondays, 1:30 – 3:30 pm

Kaiser Permanente - Woodland Hills Medical Center
5601 De Soto Avenue
Woodland Hills, CA 91367
Contact: Sylvia Soos, Dianne Elliott, & Joyce Holmen

Tuesdays, 1:30 – 3:30 pm

Kaiser Permanente - Panorama City Medical Center
13651 Willard Street
Panorama City, CA 91402
Contact: Lisa Luna, Frances Jones, & Nancy Owens

PLEASE CALL to register. Open to Kaiser Permanente members. For more information, call 818-832-7295 OR 626-660-5030.



Bereavement Support Groups

KP Southern California Hospice is here to support you through our bereavement program which is part of the Hospice care team. The death of a loved one impacts us in many ways. We each mourn in our own way and in our own time. While it is a completely normal process, it can be difficult and consuming. Scheduled support groups will discuss the stages of grief, how to cope, and grieve in healthy ways, and provide daily practical tasks to achieve emotional and physical wellness.

*SUPPORT GROUPS AVAILABLE TO YOU: NW LOS ANGELES COUNTY

VALLEYS AGENCY

Woodland Hills – (Day)

Location: Virtual

1st & 3rd Tuesdays (10:00-11:30am)

Contact: Arthur Drucker & Nancy Owens

RSVP: 818-832-7295

Simi Valley – (Evening)

Location: Virtual

1st & 3rd Mondays (5:00-6:30pm)

Contact: Judy Child & Carol Hawk

RSVP: 818-832-7295

Woodland Hills – (Evening)

Location: Virtual

1st & 3rd Thursdays (6:30-8:00pm)

Contact: Marcia Susser, Sylvia Soos, & Phyllis Schneider

RSVP: 818-832-7295

Panorama City – (Evening)

Location: Virtual

1st & 3rd Wednesdays (6:30-8:00pm)

Contact: Arthur Drucker & Nancy Owens

RSVP: 818-832-7295

VALLEYS AGENCY (ANTELOPE VALLEY)

Palmdale & Lancaster – (Evening)

Location: Virtual/Call-In

1st & 3rd Thursdays (5:00-6:30pm)

Contact: Alyson Webb, Chris Von Nordheim, Rose Osika, & Cindy Tainatongo

RSVP: 818-832-7295

No charge for attendance / Open to Kaiser Permanente members

***Groups space is subject to availability, please call ahead to register**