



# 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 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

### **Tuesdays, 1:30 – 3:30 pm**

Kaiser Permanente - Panorama City Medical Center  
13651 Willard Street  
Panorama City, CA 91402

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**

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays (10:00-11:30am)

RSVP: 818-832-7295

### **Simi Valley – (Evening)**

**Location: Virtual**

1<sup>st</sup> & 3<sup>rd</sup> Mondays (5:00-6:30pm)

RSVP: 818-832-7295

### **Woodland Hills – (Evening)**

**Location: Virtual**

1<sup>st</sup> & 3<sup>rd</sup> Thursdays (6:30-8:00pm)

RSVP: 818-832-7295

### **Panorama City – (Evening)**

**Location: Virtual**

1<sup>st</sup> & 3<sup>rd</sup> Wednesdays (6:30-8:00pm)

RSVP: 818-832-7295

## **VALLEYS AGENCY (ANTELOPE VALLEY) – ON HOLD – PLEASE CALL**

### **Palmdale & Lancaster – (Evening)**

**Location: Virtual/Call-In**

1<sup>st</sup> & 3<sup>rd</sup> Thursdays (5:00-6:30pm)

RSVP: 818-832-7295

**No charge for attendance / Open to Kaiser Permanente Members.**

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



HOME CARE  
Hospice Volunteer Services

The San Fernando &  
Antelope Valley Team  
818-832-7295

## **VOLUNTEERS NEEDED:**

Hospice volunteers, Grief/Support Facilitators, Massage Therapists, Pet Therapists, Singers/Musicians, Clerical, Teens, and more ...

**Are you looking for a volunteer opportunity that engages your heart, mind, and spirit in caring for people in your own community?**

Kaiser Permanente is seeking caring individuals to volunteer for its Hospice program, working with terminally ill patients and their families. Kaiser's Hospice program honors the basic principle of Hospice care, which is to help terminally ill patients keep the spirit of living and make the most of the remaining time of their lives with family and friends.

Caring, flexible, and dependable people are needed to support patients in their homes, make med boxes for patients, provide clerical help in or outside the volunteer office. There are plenty of unique projects anyone can offer. Volunteers complete a 2-day training course (after background check and reference letters) designed to become successful volunteers.

*Life is better when you give*

**Call the Hospice Volunteer Department today!**

**Our Hospice Volunteer Director will provide you with the training you'll need. Please call to learn more.**

**Please call the VOLUNTEER LINE**

**(818) 832-7295**