



VIRTUAL SUPPORT

ONLINE TOOLS FOR FAMILY CAREGIVERS

Because we know that maintaining your sanity during this unprecedented pandemic will require more than a nightly bubble bath

Online Support Group

Meetings on the 2nd and 4th Wednesdays of the month from 10:30a to Noon

Always in Touch

Daily check-ins or weekly socialization calls, providing a sense of security that you or your loved one is not alone

Mental Health Counseling

Telehealth sessions are offered on a sliding scale based on need and ability to pay

Essential Home Care

Qualified in COVID-19 infection protocols, home health aides are available to assist our most vulnerable seniors

Virtual Webinars

Several free, online skill-building workshops for caregivers

Care Consultation

Speak with a Care Manager to access community-based resources to meet your needs during quarantine

For more information, please call **(310) 503-6893**
or visit www.AlwaysBestCareSouthBay.com