

## 2022 Caregiver Support Group Dates 3pm-4:30pm

January 4th and 18th  
February 1st and 15th  
March 1st and 15th  
April 5th and 19th  
May 3rd and 17th  
June 7th and 21st  
July 5th and 19th  
August 2nd and 16th  
September 6th and 20th  
October 4th and 18th  
November 1st and 15th  
December 6th and 20th

- Learn more about Alzheimer's Disease and other related Dementias
- Receive encouragement, support, tips, and other helpful information
- Decrease isolation by joining fellow caregivers who understand, like no other, what you are going through
- Discuss and problem solve when feeling overwhelmed by caregiver responsibilities
- Help others by sharing your experiences and resources
- Become a more balanced caregiver by taking care of yourself

ONEgeneration Adult Daycare Program  
17400 Victory Blvd. Van Nuys 91406  
For more information, please call  
818.708.6625

## ONEgeneration's Caregiver Support Group

is free and held virtually via Zoom every month from  
3:00pm-4:30pm on the 1st and 3rd Tuesday

Groups are open to spouses, partners, friends, adult children, and other family members who are caring for a loved one diagnosed with Alzheimer's Disease and/or other related dementias. Please call 818.708.6625 prior to joining group for the first time, and to receive the zoom log in information.



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*"To me, Caregiver Support Groups are like a garden. Each flower in the garden has its own unique hue, strength, and characteristic that, when grouped together, makes the whole garden all the more beautiful."* Denise Kee-White

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