



# CAREGIVER SUPPORT GROUPS

**Groups are Free and held from  
3pm-4:30pm on  
the First and Third Tuesday of each month  
AND  
from 2pm-3:30pm on  
the First Saturday of every month**

Groups are open to both Spouses and Adult Children who are caring for a loved one with Alzheimer's Disease or other dementia. Free respite is provided during group for enrolled ONEgeneration Adult Daycare Participants.

**Learn more about  
Alzheimer's Disease  
and other Dementias**

**Receive  
encouragement and  
support from other  
caregivers**

**Decrease isolation and  
feeling overwhelmed**

**Help others by sharing  
your experiences**

**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 or email Denise Kee-White  
(818) 708-6376  
dkeewhite@onegeneration.org

Group dates on back ➔

# **ONEgeneration**

## **Caregiver Support Group**

### **2020 Calendar**

#### **Tuesdays**

January 7 & 21

February 4 & 18

March 3 & 17

April 7 & 21

May 5 & 19

June 2 & 16

July 7 & 21

August 4 & 18

September 1 & 15

October 6 & 20

November 3 & 17

December 1 & 15

#### **Saturday**

January 4

February 1

March 7

April 4

May 2

June 6

July 11

August 1

September 5

October 3

November 7

December 5