

2022 Caregiver Support Group Dates Held Tuesdays

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 contact
Denise Kee-White, LCSW (818) 708-6376
dkeewhite@onegeneration.org

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 818.708.6376 prior to joining group for the first time for group information.

***UPDATE: starting January 2022, the new Zoom login will be as follows:**

To join via Zoom online:

<https://us06web.zoom.us/j/5307862956?pwd=bUR4OWxTbkwc1JzdnF5RTd5NzdSZz09>

Meeting ID: **530 786 2956**

Passcode: **1Gen**

To join via one tap mobile:

+12532158782,,5307862956#,,,,*184573# US (Tacoma)

+13462487799,,5307862956#,,,,*184573# US (Houston)

Dial by your location

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 720 707 2699 US (Denver)

Meeting ID: 530 786 2956

Passcode: 184573

Find your local number:

<https://us06web.zoom.us/j/kFXNOKvdd>

We ask that you do not have your loved one/care recipient to attend the group with you due to the sensitive nature of the subject matter discussed.



"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