



CAREGIVER SUPPORT GROUPS

Groups are Free and held from
3pm-4:30pm on
the First and Third Tuesday of each month
[except January-see dates on back]
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 2019 Calendar

Tuesdays

January 8 & 22 [2nd & 4th Tuesday]

February 5 & 19

March 5 & 19

April 2 & 16

May 7 & 21

June 4 & 18

July 2 & 16

August 6 & 20

September 3 & 17

October 1 & 15

November 5 & 19

December 3 & 17

Saturday

January 5

February 2

March 2

April 6

May 4

June 1

July 6

August 3

September 7

October 5

November 2

December 7