



CAREGIVER SUPPORT GROUPS

**Groups are Free and held
the First and Third Tuesday
and
First Saturday of every month
[except January-see dates on back]**

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

Tuesday

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

February 5

March 5

April 2

May 7

June 4

July 2

August 6

September 3

October 1

November 5

December 3

Saturday

January

February 19

March 19

April 16

May 21

June 18

July 16

August 20

September 17

October 15

November 19

December 17