

# MEN'S CAREGIVER SUPPORT GROUP

Meet with husbands, sons and other male relative caregivers to discuss the day to day challenges that arise from the stress of caring for a loved one.

Groups are free and held from 3pm to 4:30pm on the second Wednesday of every month.

We all struggle with how to be the very best parent, caregiver and friend. Many of us are also challenged with caring for dependent loved ones. Central to healthy, consistent caregiving is knowledgeable, understanding support. Getting the right answer is sometimes as simple as listening to someone in the same situation.

Group will be facilitated by Sig Diamond, Counselor.

*If your loved one is already enrolled in ONEgeneration's Adult Daycare program, he or she may be supervised at the center while you are attending the support group.*



## DATES

Wednesdays at 3:00pm

3/11

4/8

5/13

6/10

7/8

## LOCATION

ONEgeneration Adult Daycare  
17400 Victory Blvd.  
Van Nuys, CA 91406  
*Free Parking*

**ONE**generation  
*Share the Care<sup>SM</sup>*

For more information,  
please contact Anna Swift:  
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TO LEARN MORE ABOUT OUR PROGRAMS  
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