

## 2021 Caregiver Support Group Dates Held Tuesdays

January 5th and 19th

February 2nd and 16th

March 2nd and 16th

April 6th and 20th

May 4th and 18th

June 1st and 15th

July 6th and 20th

August 3rd and 17th

September 7th and 21st

October 5th and 19th

November 2nd and 16<sup>th</sup>

December 7th and 21st

- 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's Caregiver Support Group

is free and held virtually via Zoom every month from 3:00pm-4:30pm on the 1<sup>st</sup> and 3<sup>rd</sup> 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 note that starting January 2021, the new Zoom login will be as follows:**

To join via Zoom online:

<https://zoom.us/j/2030283642?pwd=a0IEbTg2SkIvWllpSXVWTXR0SkltUT09>

Meeting ID: **203 028 3642**

Passcode: **1gen**

To join via one tap mobile:

+16699009128,,2030283642#,,,,,0#,,878820# US (San Jose)

Dial by your location

+1 669 900 9128 US (San Jose)

Meeting ID: 203 028 3642

Passcode: 878820

Find your local number: <https://zoom.us/u/aSWPENHMN>

*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.*

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](mailto:dkeewhite@onegeneration.org)



*"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