



Men Who Care: Breaking Barriers and Building Bonds in Caregiving

Thursday, May 29th | 3pm - 4:30pm | Zoom

Join the South Bay Dementia Education Consortium for a 1.5-hour workshop crafted for male caregivers—spouses, sons, brothers, and friends—caring for individuals with dementia or aging loved ones. This session features Dr. David Hart, a Licensed Professional Clinical Counselor in California, Dr. Matt Englar-Carlson, a mental health researcher and expert on men and masculinity, and a panel of male caregivers discussing topics such as managing role reversal, navigating gender expectations, leveraging masculinity as a caregiving resource, and building community and connection among men. Gain practical strategies, emotional insights, and support to enhance your caregiving journey and strengthen bonds with others in similar roles.



Dr. David Hart is a Licensed Professional Clinical Counselor (LPCC) with over 20 years of experience working with people living with dementia and their care partners. Much of Dr. Hart's clinical practice is working with male spouses and sons caring for their loved ones, giving him a unique perspective on the male caregiving experience.



Dr. Matt Englar-Carlson is one of the most prolific researchers in the field of counseling and the psychology of men and masculinity. Dr. Englar-Carlson has authored or co-authored three books on the psychology of boys, men and masculinities and has written more than 60 other scholarly articles and given 80 conference presentations not only in his primary research area but also focusing on multicultural, group and health counseling.

Scan the QR Code to the right or click here to register.

