

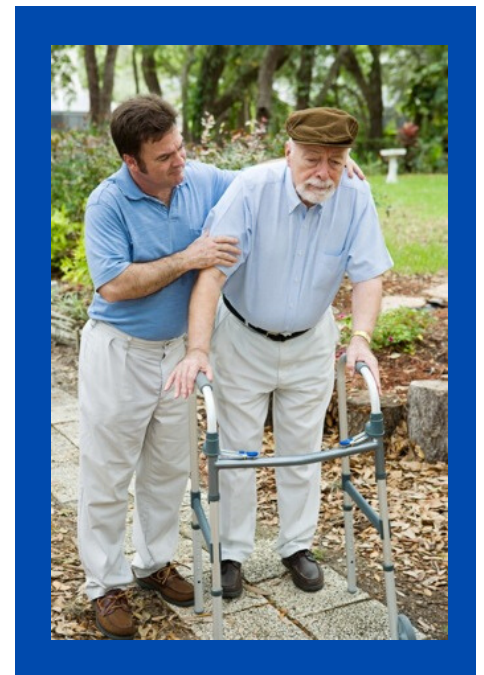
# MEN'S CAREGIVER SUPPORT GROUP

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. Free respite is provided during group for enrolled ONEgeneration Adult Daycare participants at no cost.



## 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:  
(818)708-6635  
aswift@onegeneration.org

TO LEARN MORE ABOUT OUR PROGRAMS  
AND SERVICES, PLEASE VISIT:  
[WWW.ONEGENERATION.ORG](http://WWW.ONEGENERATION.ORG)