

MEN'S CAREGIVER SUPPORT GROUP

**Are you providing care for a loved one, a friend, or
a member of the community? Do you feel
exhausted and overwhelmed?**

We are here to offer support!

Groups are in person, free, and will be held every Wednesday!

**Come to the group and meet with husbands, sons, and other men to
discuss the day challenges that arise from the stress of caring for others.**

When: Wednesdays

2:00pm-3:00pm

Where: ONEgeneration

J.O.Y Community Room

17400 Victory Blvd. Van Nuys 91406

For information or registration, contact:

Sig Diamond, Counselor

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(213)361-3527