



MEN'S CAREGIVER SUPPORT GROUP

Leader: Sig Diamond, Counselor



**WEDNESDAYS
2-3 PM**

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 to day challenges
that arise from the stress of caring for others.

**Location: ONEgeneration
Adult Daycare
17400 Victory Blvd.
Van Nuys, 91406
Free parking**

**For information
or registration, contact:
Sig Diamond, Counselor
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(213)361-3527**