



Caregiver Support Group

You are not alone.



**If you are caring for an aging loved one,
then come to share!**

Learn and get support in a safe group of other caregivers where tears are permitted, humor is encouraged and hugs are easily accessible.

Learn strategies or coping with stress, anger and grief. Discuss and resolve problems, and determine needs and resources when caring for our aging loved ones. All topics encouraged.

Temple Etz Chaim

(in the Conference room)

The Third (3rd) Monday of every month

11:00 a.m. – 12:00 p.m.

1080 E. Janss Rd. Thousand Oaks, 91360

Open to the community ~ Free of charge

Facilitated by Martha Shapiro, LCSW. Having an extensive background in senior services and in facilitating support groups, Martha is the Director of Programs for Senior Concerns.



805 497 6891 www.templeetzchaim.org

outreach@templeetzchaim.org



401 Hodencamp Rd, Thousand Oaks, 91360

(805) 497-0189 www.seniorconcerns.org