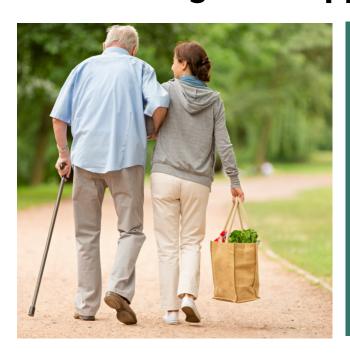




## CARING FOR A LOVED ONE IS HARD. DON'T DO IT ALONE.

## **Join our Caregivers Support Group**



Get mutual support and help

Learn about available resources and programs

**Reduce Caregiver stress** 

Share and listen to individual Caregiver experiences

"Find comfort in the company of others who understand your journey." - Unknown

The Peer Counseling Program at WISE now offers an inperson Caregiver Support Group. If you are looking for a safe, confidential space where you can share the ups and downs of caring for your loved one, you will find it here.

This in-person group meets on the 1st and 3rd Wednesday of the month.

To reserve your place in this support group, please call: (310) 394-9871, ext. 289