

Family Caregiver Support Groups



Beginning Tuesday, June 28, 2016!

Learn to:

- Identify and reduce personal stress.
- Deal with emotions, especially feelings of anger, guilt, and depression.
- Set goals and make an action plan.
- Communicate your feelings, needs, and concerns in positive ways.
- Take time for self care.
- Learn about the resources in your community!

Fourth Tuesday of the Month!

Location:

**Edendale Public Library
2011 Sunset Blvd.
Los Angeles, CA 90026**

Afternoon class!



Please contact Social Worker
Erika Brown, MSW to register today!
(must register before attending your first group)

**213) 482-7257 or
Erika.Brown@lacity.org**

As a covered entity under Title II of the Americans with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability, and upon request, will provide reasonable accommodation to ensure equal access to programs, services, and activities.