



Little Tokyo
Service Center

Caregiver and Care Recipient Support Group

- **Free** Caregiver and Care Recipient Support Group (8-Week Program)
 - Provides support for individuals caring for a relative or loved one with chronic illness and/or disability, and/or those being cared for
 - Explore topics such as:
 - Caregiver burnout
 - Coping with change
 - Stress reduction
 - In-Home Supportive Services Education
 - Focuses on adjusting to challenging life changes
 - Groups are facilitated by *mental health professionals* from the **Little Tokyo Service Center**
 - Note: Caregivers and care recipients don't need to attend as a pair
- *FREE DRINKS AND SNACKS WILL BE PROVIDED**



LOCATION:

Terasaki Budokan Community Room

249 S Los Angeles Street Los Angeles, CA 90012

****Free validated parking is available in the underground parking garage***

GROUP DATES:


Every Wednesday


February 18 to April 8

From 12:30 pm to 1:30 pm

**IF INTERESTED PLEASE FILL
OUT THE FORM OR CONTACT
LINH VO :**

 <https://tinyurl.com/3mrv9h55>

 lvo@ltsc.org

 213-536-9684

