

# SINGLE CAREGIVER SUPPORT GROUP



## About the Group

- ▶ Gain a Support Network
- ▶ Strengthen Relationships
- ▶ Build Self-confidence
- ▶ Learn Caregiver Skills
- ▶ Be a Positive Role Model
- ▶ Improve Communication
- ▶ Reduce Stress
- ▶ Develop Coping Skills

Co-Facilitated by Nathan Brandon, Psy.D. and  
Marines Novoa, Psy.D.

Supervised by Natasha Molony, Ph.D.  
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When: Wednesdays

Where: 5776 Stoneridge Mall Road, Suite 340  
Pleasanton, CA 94588

Time: 4:00pm - 5:00pm

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