

Bay Area Community Services
Adult Day Care presents ...

Caregiver Support Group

**Providing emotional support and practical advice for those
caring for long-distance or nearby frail older adults**

**Facilitated by
Monica
Nowakowski-
Carlson, LCSW**



**4th Thursday of the month,
1 to 2:30 PM**

**North Oakland Senior Center
Arts & Crafts Room
5714 Martin Luther King Jr. Way
Oakland, CA 94609**

Meetings are free and open to the public.

Light refreshments will be served.

For more information, call BACS Adult Day Care at
510-601-1074

*Presented with support from the Adult Day Services Network
of Alameda County.*
For more information on BACS services, visit www.bayareacs.org