

# Are you a man caring for a loved one?

Caregiving brings unique challenges. This support group is designed specifically for men navigating these responsibilities.

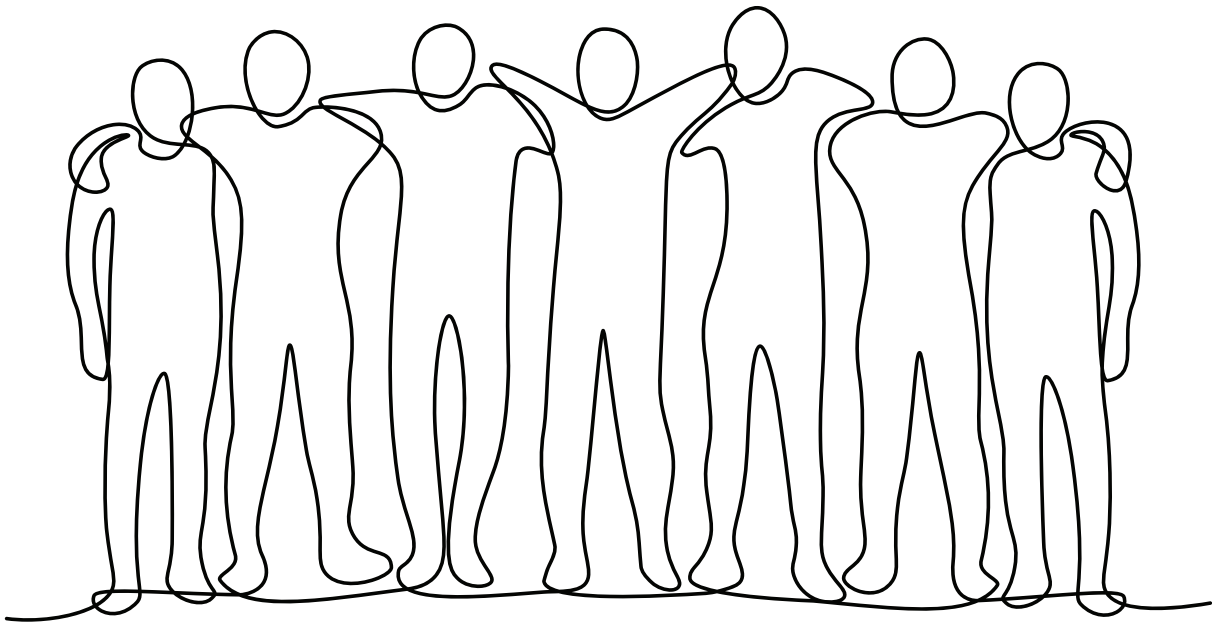
Join this 6-week group where you'll meet with other men facing similar situations, share what works, and get the support that you need. You will learn practical skills to help you in your caregiving journey. This group will provide:

- Connection with other men who understand and share your experience
- Discussion of challenges specific to men in caregiving roles
- Information about available resources and services
- Support to reduce stress and prevent isolation

**Thursdays from 1-2pm**  
**Starting November 6**

**Session Dates: November 6, 13, 20, December 4, 11, 18**

Facilitated by Jewish Family Service social workers Kyle Neely, LMSW, CAADC, and Beth Seelbach, LBSW



**To register, or for questions contact Beth Seelbach at  
248.592.2655 or [bseelbach@jfsdetroit.org](mailto:bseelbach@jfsdetroit.org)**

