Join Project Dana’s Caregiver Support Group Meetings!

**Location 1:** Honpa Hongwanji Hawaii Betsuin  
1727 Pali Highway  
Honolulu, HI 96813  
& ONLINE on Zoom  
**Meeting Dates:** Every Third Wednesday  
**Time:** 9:30 am to 11:30 am

**Location 2:** Zoom  
**Meeting Dates:** Every Fourth Monday  
**Time:** 7:00 pm to 8:00 pm

**Location 3:** Outings to Various Locations & Activities  
**Meeting Dates:** Every Fourth Wednesday, Every 3 months  
**Time:** 9:30 am to 11:30 am

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Talk story with other caregivers! Discussions are led by the program coordinator. Topics covered include current concerns and problems in caregiving, common experiences, sharing caregiving techniques and strategies, problem solving, and decision making.

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Support group meetings are offered through Project Dana’s “Caring for the Caregiver” Program. The program is funded under the Title III Older Americans Act administered by the Executive Office on Aging, State of Hawaii through the Elderly Affairs Division, City and County of Honolulu. Caregivers must be actively caring for an individual at least 60 years old and over and still living at home.

**Please call or e-mail if you are interested on attending support group meetings or need more information about the program:**

Maria Morales  
Program Coordinator  
(808) 945-3736  
cgsg@projectdana.org