



Family Caregivers
of British Columbia

FREE MALE Family and Friend Caregiver Support Group

“Life’s most persistent and urgent question
is: What are you doing for others?”
— Martin Luther King, Jr.

Every 2nd
Tuesday of the
Month

6-3318 Oak Street,
Victoria BC
V8X 1R1

7:00-8:30PM

We gratefully acknowledge
funding by:



This is a support group for men who are caring for an adult (19+) loved one(s). It doesn't matter if you are a husband, son, father, cousin, neighbour, etc., if you are caring for an adult family member or friend, you are invited to attend. The group is free. Meetings are held monthly. Attend on a drop-in basis – no registration required.

This men-only support group is a place to:

- **Share your story and experiences** – what's on your mind?
- **Learn about resources and coping techniques** – enrich the effectiveness of your caregiving journey
- **Develop friendships** – create comradeship with those who have similar experiences

This group is facilitated by Ben Ziegler.
For more information, please contact Ben directly
(250-516-3936 or bnzglr@gmail.com) or call the
Family Caregivers of BC (250-384-0408).