



Gabriella Calo, PsyD

www.drgabriellacalo.com

invites you to attend

What About Me?

A weekly skills & support group for caretakers & family members of people struggling with disease or mental illness.

Thursday Evenings

7pm - \$50 per person per week

please register in advance by phone
or online at www.angerdetox.org

in WEST LA: close to Westside Pavillion
2288 Westwood Blvd, Suite 203
Los Angeles, Ca 90065

424.234.61689



Workshop Covers:

Support for Your Specific Needs, plus:

- Handling Anger, Resentment & Frustration
- Self-Care for Those Who Care for Others
- What You Can & Can't Do
- Coping Tools & Techniques
- Building Better Communication Skills
- Developing Empathy: For Yourself and more...

310.801.8890

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