



## DEMENTIA SUPPORT GROUPS

A valuable step toward handling the challenges of a loved one's dementia is connecting with others in similar situations. Our support groups give you the opportunity to learn from family members who have been in your shoes. In addition to receiving encouragement and hearing personal experiences, you can also learn what to expect and how to best plan for your loved one. A support group can reduce stress and feelings of uncertainty - helping you to keep calm and carry on.

### Please Join Us!

We have a monthly get  
together the last thursday of  
every month.

Next Group  
Thursday October 27, 2016



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assisted living  
& memory care