



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.

Bickford of Carmel & Assurance Health Systems
present

Discovering Dementia

We invite family, friends and community members touched by dementia to join us for a monthly support group.

Tuesday, Nov. 20th - Effective Communication
Tuesday, Dec. 18th - Coping with the Holidays
5:30-6:30pm

RSVP to patric.mcdowell@enrichinghappiness.com
Refreshments will be provided



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Bickford
assisted living
& memory care