



## 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 and 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, Oct. 16th - The Basics of Dementia Q&A*

*Tuesday, Nov. 20th - Effective Communication*

*Tuesday, Dec. 18th - Coping with the Holidays*

*5:30pm-6:30pm*

*RSVP to [patric.mcdowell@enrichinghappiness.com](mailto:patric.mcdowell@enrichinghappiness.com)*

Refreshments will be provided.



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**Bickford**  
assisted living  
& memory care