



## 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.

**WHAT:** Dementia Support Group

**WHEN:** The last Thursday of every month from  
5:00 pm - 6:00 pm

**WHERE:** Bickford of Shelby in The Activity Room

Hosted by Lauren Cooper LMSW  
Brighton Hospice

Please RSVP to [carla.riden@bickfordseniorliving.com](mailto:carla.riden@bickfordseniorliving.com)

We will see you there!



BICKFORD OF SHELBY TOWNSHIP  
48251 Schoenherr Rd, Shelby Township, MI 48315  
[www.bickfordseniorliving.com/shelbytownship](http://www.bickfordseniorliving.com/shelbytownship)  
586-685-5800



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