

Dementia Caregivers Support Group

We invite you to join our new Dementia Caregivers Support Group, a compassionate space for those who care for loved ones with dementia. While each person living with memory loss is unique, so are caregivers for each individual.

Our group is a collaborative community centered on acknowledging the challenges and emotions of daily caregiving. We are encouraged to gain insight to help us in this role through fellowship and information sharing. You are not alone in this journey.

What You Can Expect:

- A safe and confidential environment to share your thoughts and feelings
- Opportunities to connect with others who understand your journey and support fellow caregivers
- Gain practical advice to help maintain the dignity of the person living with memory loss by sharing experiences, information, and strategies
- Emotional support and encouragement during challenging times

When: The initial meeting, **Sunday, September 29, at 3 p.m.**, will be an opportunity to collectively choose which weekday and time of day work best for your caregiving schedules. We plan to meet twice a month so that if you miss one meeting, there is less time until the next meeting.

Where: Room B-111

Whether you are a seasoned caregiver or new to this role, we support you. We hope you will join us for our first meeting and become a part of this caring community. We look forward to welcoming you. Please feel free to contact me with any questions or concerns:

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