

Support Group for Young Adult Caregivers

Dealing with **DEMENTIA**
at home?

Join us for a discussion
group to share ideas and
thoughts about:

- Family members with dementia
- Unique position of young adult caregivers
- Stress caused by caring for a person with dementia
- Topics such as coping and grief
- Connecting with others who are experiencing similar challenges



Location: Zoom

Day & Time:

1st and 3rd Wednesdays
5:30pm

Contact:

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