

# Caregiver Support Group

**January 8th from 4:00pm – 5:00pm**

**Every Second Wednesday of the Month**

Connecting with others who have the same kinds of struggles as you do is an important part of coping with caregiving & memory loss. Groups are facilitated by trained professionals or former family caregivers, whose primary purpose is to provide knowledge about the disease while allowing members to receive emotional support and encouragement from others in a similar situation.

**January Topic: How to be a Healthier Caregiver in 2020**

## **Our Support Group Can Help You:**

- \*Feel less lonely, isolated or judged
- \*Gain a sense of empowerment and control
- \*Improve coping skills
- \*Memory Loss Care & Communication Tips
- \*Reduce distress, depression or anxiety
- \*Develop a clearer understanding of what to expect
- \*Get practical advice and information
- \*Improve your quality of life for the person you care for

## **Where:**

**THE LANDING**  
OF LAKE WORTH

The Landing of Lake Worth  
9948 Woodwind Ln  
Lake Worth, FL 33467

## **Facilitated By:**

Alzheimer's Care Resource Center



**RSVP to (561) 588-4545 today!**

Call us at **(561) 588-4545** for more info about this caregiver support group.