

FAMILY CAREGIVER SUPPORT GROUP

If your loved one has a diagnosis of Dementia or Alzheimer's Disease, this group can help you.

(Co-sponsored with the Alzheimer's Association)



- ✓ Exchange practical information on caregiving problems and possible effective strategies.
- ✓ Talk through challenges and ways of coping with them.
- ✓ Share feelings, needs, and concerns.
- ✓ Learn about resources available in our community.
- ✓ Sponsored by the Alzheimer's Association and facilitated by the Catholic Charities' Adult Day Services Program Director.

First Tuesday of every Month

1:00 pm – 2:30 pm

All meetings will be held at:

Catholic Charities Adult Day Services,
San Mateo County

787 Walnut Street
San Carlos, CA 94070
(located inside the First Baptist Church)

Call 650-592-9325 for more information



Catholic Charities

◆ **AGING SUPPORT SERVICES** ◆



alzheimer's association®