



CAREGIVER SUPPORT GROUP

Build a support system with people who understand.

Alzheimer's Association support groups, conducted by trained facilitators, are a safe place for family caregivers of people with dementia to:

- » Develop a support system with other caregivers.
- » Exchange practical information on solutions to common challenges.
- » Talk through issues and find ways of coping.
- » Share feelings, needs and concerns.
- » Learn about community resources that can help.

1st THURSDAY
10 - 11:30 AM

Facilitated by Luciana Mitzkun


Villa Alamar
MEMORY CARE


45 E ALAMAR AVE
SANTA BARBARA, CA
805.682.9345

To register, please call 800.272.3900