

Family Support Group



**WHEN: 1st MONDAY OF THE MONTH @11 AM
AND 3rd MONDAY OF THE MONTH @ 6PM**

If you are caring for someone with Alzheimer's disease, who is caring for you?

The informational and supportive group design at this event will make it possible for families to learn more about the disease as well as understand their feelings about changes dementia has made on their daily lives. Family caregiver support groups will help you:

- Learn practical caregiving information
- Get mutual support
- Learn about your local community resources
- Learn to manage challenged behaviors and proper communication

MEETING LOCATION



ROCKY HILL
ADULT DAY CENTER

15 Elm Street
Rocky Hill, CT

For more information or RSVP call Nazila at **860-372-4656**

Alzheimer's support group facilitated by Gina Smith, LPN. Gina is the Memory Care Program Director for Water's Edge Center for Health & Rehabilitation's memory