



DEMENTIA

# Support Group

*Specially Designed for Families and Caregivers*

If you are caring for someone with dementia, **who is caring for you?**

You are not alone. This informational, supportive group will help you to learn more about the disease as well as understand their feelings about the changes dementia has made on their daily lives.

Support groups can also help you:

- Learn practical caregiving information
- Get mutual support
- Learn about your local community resources
- Find solutions to challenging behaviors

**The Last Tuesday of the Month**  
5 p.m. to 7 p.m.

Questions? 708-895-1600 or  
SouthHollandArdenCourts@  
promedica.org

 **ARDEN COURTS**  
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