

*Caring for someone with dementia?
You're not alone.*

Dementia Caregiver Support Groups

Thursdays 10–11 a.m. *(virtual group with phone option)*

led by Linda Puzan, LICSW, LifePath

1st & 3rd Wednesdays 5–7 p.m. *(phone group)*

led by Molly Chambers, M.Ed., LCSW, LifePath

Caring for someone with dementia has its unique challenges. Join one of the caregiver groups to share your experience with others who understand the joys and challenges of caring for a loved one with dementia.

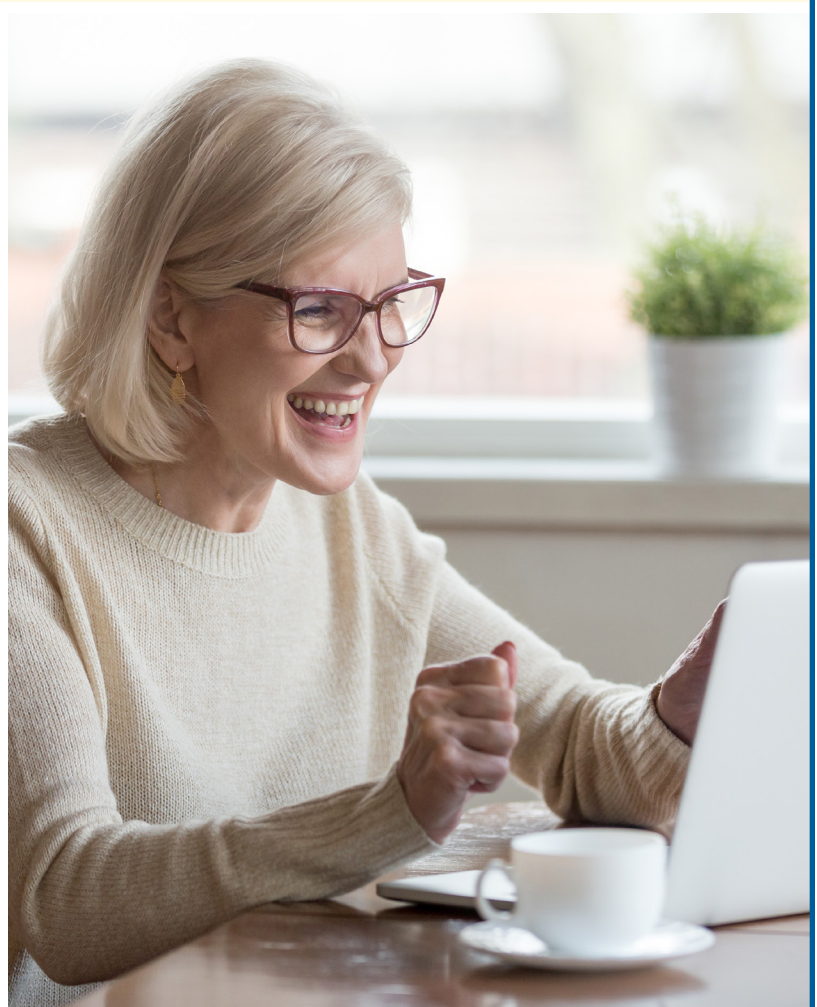
This is an opportunity to:

- Give and receive ideas and emotional support
- Feel heard without judgement
- Listen to others, ask questions, share a laugh
- Get needed resources and education materials
- Discuss videos and films about dementia
- Participate in special activities
- Take care of you!

Register by calling 413.773.5555 x1230,

978.544.2259 x1230 or email info@lifepathma.org

lifepathma.org. *Limited funding available for respite and devices, if needed to participate.*



Supported by the Massachusetts Association of Councils on Aging, the Massachusetts Executive Office of Elder Affairs, and the MA/NH Alzheimer's Association

