



CAREGIVER SUPPORT GROUP




Come share your experiences about the emotional aspects of caring for a loved one who suffers from Alzheimer's disease or other form of dementia. Provide and receive emotional support with other caregivers who share similar feelings and experiences.

Caregiver Support Groups are always free and open to the community. They provide families and caregivers with the emotional support and education they need to better understand and cope with the unique challenges related to memory loss in a family member or friend.

Support groups are facilitated by social workers who have received specialized training in dementia and group facilitation techniques. They are designed for families and friends. Attendance is not recommended for persons with dementia.

Parker at Monroe Adult Day Center was designed with a new, rapidly-growing, and diverse population in mind: older adults who live at home, including people with Alzheimer's and dementia, who can benefit from structured activities and daytime health, social and support services.

We know that aging can be complicated. Loneliness and isolation are key predictors of depression in older people. Creating opportunities for loved ones to socialize and interact with other people, especially peers with similar needs and issues, can often be part of the solution.

 **Parker at Monroe Adult Day Center**
200 Overlook Drive
Monroe Twp, NJ 08831

 **Second Tuesday of Each Month**

 **10:00 AM**

 **FREE**

2019 MEETING DATES

Jan 8	Jul 9
Feb 12	Aug 13
Mar 12	Sep 10
Apr 9	Oct 8
May 14	Nov 12
Jun 11	Dec 10

For more information about this group, please contact **Victoria Proto** at **609-655-6853** or **vproto@parkerlife.org**