

VIRTUAL  
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 virtual 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



Facilitated by Wendy Johnson, MS, CSA  
Owner/President, Senior Helpers

### The 1st Monday of the Month

4:00 pm - 5:30 pm

RSVP: 301-847-3051 or  
SilverSpring@arden-courts.  
com

For details on how to join  
the support group, call  
Julie at 301-847-3051 or  
301-852-8334

Arden Courts   
Memory Care Community

arden-courts.org



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