

## **Sharing is Caring**

*Facilitators: Patti Pontikis and Cheryll Davis*

Are you caring for someone with early-stage Alzheimer's or other forms of dementia? This support group meets once a month and is a great way to seek support from those who have the same concerns and challenges related to caregiving for someone with mild cognitive or memory impairment.

Group meets 3<sup>rd</sup> Thursday at 11:00 at the Camano Center

Max group size is 8 in each breakout room.

Caregivers may come without spouse or partner. Person with dementia needs to come with a caregiver or partner. If you are bringing partner with dementia, the group is geared toward early dementia clients (for example, the person with dementia needs to be able to self-manage toileting and have ability to engage in verbal conversation).