



# CAREGIVER SUPPORT GROUP

**Winter Meeting Dates 2017/2018\***

**December 20<sup>th</sup>** – *Is it possible to understand behaviors?*  
*Discussion of how to understand to support different behaviors.*

**January 17<sup>th</sup>** – *Coping in the New Year*

*Learn coping strategies and relaxation techniques.*

**February 21<sup>st</sup>** – *Home Instead presents: Caregiver Approaches*

**Lodge Lane  
Chapel  
Room  
4:00PM**

Caregiving is a journey  
and everyone has a  
different path they travel

Learn valuable strategies  
to add to your caregiver  
survival kit

Find strength and support  
through others caring for  
a loved one with  
Alzheimer's / Dementia

*\*please call to confirm if weather is questionable 302-757-*

**Lodge Lane**  
ASSISTED LIVING & MEMORY CARE  
8100.

alzheimer's  association®