



Dementia Support Groups

Third Friday of the Month 1:00 - 2:30 pm

The Commons Private Dining Room, 625 27½ Rd., Grand Junction

CAREGIVER GROUP

This group is open to any family member or friend who is caring for a loved one with dementia and/or Alzheimer's disease. The meeting is an opportunity to talk freely about one's feelings and to learn tips and strategies from each other. If needed, the caregiver's loved one may attend Senior Daybreak for free during the group, even if not enrolled in the program. Or, if appropriate, they may attend the Brainbooster Group which is held at the same time.

Facilitator:

Sara Suazo, 244-0771

Care Coordinator, Hilltop Senior Life Options

BRAINBOOSTER GROUP

This group is for those individuals who are experiencing memory problems from early dementia. The meeting is an opportunity to talk freely about one's feelings, and to do fun brain stimulating activities with others who are in similar circumstances. Individuals must be conversational, willing to participate, and be okay with being separated from their caregiver in another room.

Facilitator:

Laurie Frasier, 241-7798

Director, Senior Daybreak of Hilltop

**THE TWO
GROUPS
MEET AT
THE SAME
TIME**

Call either facilitator for more information...you are not alone in this journey!