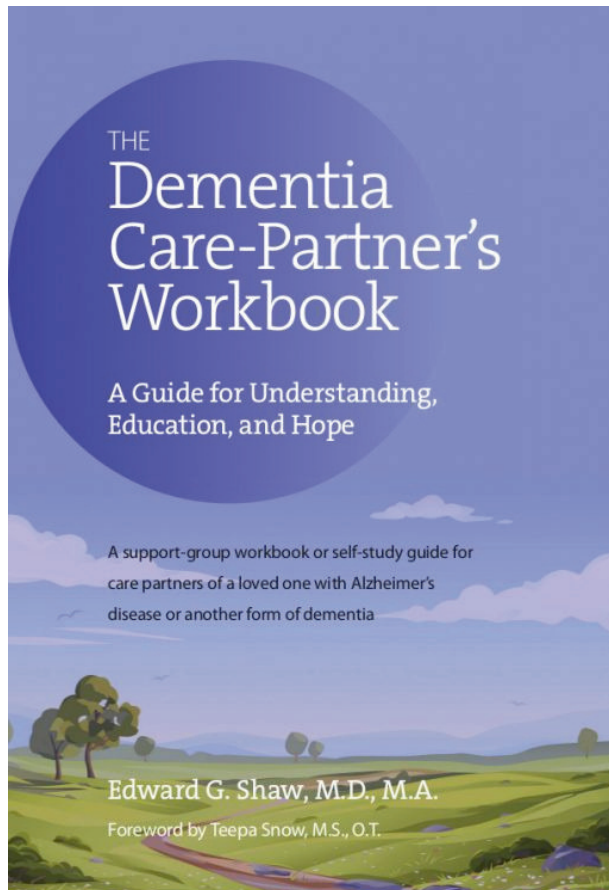


# DEMENTIA CARE PARTNERS SUPPORT GROUP



**HOSPICE**  
**SLO COUNTY**  
NON-MEDICAL VOLUNTEER SUPPORT  
AND COMMUNITY GRIEF CENTER

Our 6-week Dementia Care Support Group offers a compassionate and supportive environment through the exploration of *The Dementia Care-Partner's Workbook: A Guide for Understanding, Education, and Hope* by Edward G. Shaw, M.D.

Caring for a loved one with dementia can be one of the most challenging experiences in life.

## WHAT TO EXPECT:

- The basics of Alzheimer's disease and other dementias
- Adapting to changing relationships
- Coping with grief and loss including anticipatory grief
- Addressing stress and self-care
- Resources and transitioning care
- Finding hope and healing through shared experiences

## REGISTRATION IS REQUIRED TO ATTEND:

- Complete the online sign-up form
- A support group facilitator will reach out to discuss the next steps
- You are not fully registered until a phone assessment has been completed

**WHEN:** Jan 27; Feb 3, 10, 17, 24; Mar 3 (Tues)

**WHERE:** 1304 Pacific Street, San Luis Obispo

**TIME:** 2:00 pm - 3:30 pm

**LED BY:** Trained Support Group Facilitators

**GROUP SIZE:** 6 - 8 participants

**COST:** Free of charge; however, participants are required to purchase the workbook



All services are provided at no charge. Donations appreciated.

(805) 544-2266 | [www.hospiceslo.org](http://www.hospiceslo.org)

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