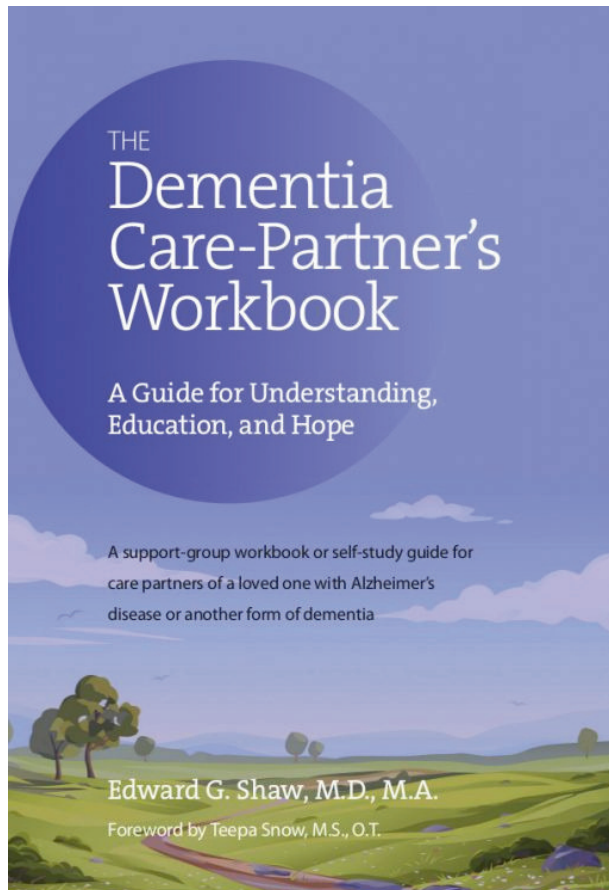


DEMENTIA CARE PARTNERS SUPPORT GROUP



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: Nov. 4, 11, 18, 25; Dec. 2, 9 (Tuesdays)

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

11304 Pacific Street
San Luis Obispo CA, 93401