



# Free Support Groups

For Alzheimer's and Dementia Caregivers

**First, Second and Third Thursdays of the Month at 1:00 – 2:30 pm**

We are excited to add a third day!

## UPCOMING GUEST SPEAKERS:

Ashley, New Jersey Hearing Health Center, Thursday, November 6<sup>th</sup>

Kathryn, Compassionate Consultant/Downsizing, November 13<sup>th</sup>

Angelic Health Hospice Care, Thursday, November 20<sup>th</sup>

Kevin and John, Tax Wealth and Financial Services, Thursday, December 4<sup>th</sup>

Jennifer, Sunnyside Manor, Respite Care, December 11<sup>th</sup>

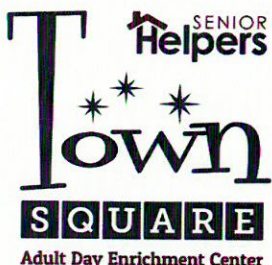
Brooke, Wound Care Specialist, Rx Wound, December 18<sup>th</sup>

A Caregiver Support Group can help you...

- Be a part of a community of people who have the same experiences.
- Reduce anxiety, guilt, and uncertainty.
- Better understand the dementia disease process.
- Get advice or information about practical solutions or care options.
- Improve or learn healthy coping skills.
- Discover new and positive care skills which can provide a better quality of life. for you and your care partner
- Uncover ways to keep your care partner at home longer.

Support groups are facilitated by Town Square and held in our Family Resource Center.

**Conversations to support each other.**



For attendance, please email Center Director Jill Ippolito:  
[jippolito@townsquare.net](mailto:jippolito@townsquare.net)

Thank you and we look forward to seeing you

Town Square Adult Day Enrichment Center at the Jersey Shore  
1930 Route 88, Brick, NJ 732.451.6185  
[townsquare.net/jerseyshore](http://townsquare.net/jerseyshore)