

Are you caring for a family member who suffers from a memory impairment? This support group may be for you!



Is someone close to you having periods of memory loss or confusion? Are you uncertain about what to say or do? Do you want to learn more about what is causing them to be confused and how to handle the daily challenges of caregiving? Join this group of caregivers to learn a better understanding of memory loss, its causes and how you can develop communication skills and coping strategies.

When: First Wednesday of each month
6:00 p.m.—7:30pm

Where: Hollister Community Center
Jovenes de Antaño
300 West St.

Facilitated by the staff of Health Projects Center and Jovenes de Antaño

This is a free, drop-in support group.

Light refreshments will be served.

**For more information, please call (831) 637-9275 or
831-637-9276.**

Co-Sponsored by:



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