



## **Zoom Caregiver Support Group:** **Down's Syndrome & Dementia**

**Build a support system with people who understand.**

Alzheimer's Association support groups, conducted by trained facilitators, are a safe place for family caregivers to:

- » Develop a support system with other caregivers.
- » Exchange practical information on solutions to common challenges.
- » Talk through issues and find ways of coping thru changes.
- » Share feelings, needs and concerns.
- » Learn about community resources that can help.

**2ND MONDAYS**  
**10:00 - 11:30AM**

**Facilitated by Joan H.**  
**Via Zoom**

**For family caregivers of those caring for someone with Down's Syndrome and Dementia/Alzheimer's Disease**

**Register: 1-800-272-3900**  
**Ladeloye@alz.org**

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