



# Alzheimer's Caregiver Support Group

## ● **WHEN:**

1st Thursday of  
Each Month

## ● **WHERE:**

Arden Courts  
1057 Willa Springs Dr  
Winter Springs, FL 32708  
407-696-8400

## ● **WHAT TIME:**

12:00pm - 1:00pm  
Light Lunch Provided

For More  
Information Call:

Arden Courts:  
407-696-8400

*Support Group Facilitator:*

**Ron St. John** CCM, DCP  
Alzheimer's/Dementia Care Director  
Visiting Angels Senior Homecare

## Increase Your Strength as a Caregiver

Being a Caregiver for a loved one can be overwhelming at times and does not have to be a lonely experience. Participating in a family support group can help in a variety of ways:

- By providing educational information, such as how to handle difficult healthcare decisions or tips to handle daily caregiving tasks
- To help families learn about and get in touch with essential community services.
- By giving Caregivers' a chance to share feelings with those who are experiencing the same kind of situations and emotions.
- To diminish feelings of isolation that caregivers often experience.
- To increase the Caregivers' strength, ability to cope and to adapt to changing aspects of their loved ones physical and mental health.

Arden Courts   
Alzheimer's Assisted Living  
407-696-8400

Visiting  
Angels 

SENIOR HOMECARE BY ANGELS

407-302-4138