

Concerned & Caring: A Memory Loss Caregiver Group

- Is your loved one showing signs of forgetfulness?
- Is it causing stress in your relationship?
- Do you fear telling your family and friends?
- Do you question whether you are a caregiver?
- Are you having trouble with finding balance?
- Do you have a plan for if something changes?



You are not alone. Please attend this confidential group for a safe place to take a break, and to talk through your challenges with others. A trained facilitator will lead the afternoon's discussion.

Every 2nd Thursday, 2:00-3:30 PM
Stoughton Area Senior Center
2nd Floor, Stoughton Room

A partnership through the Senior Center & Alzheimer's Association

Questions? Contact the Senior Center at 873-8585.