



YOU'RE NOT ALONE!

A safe, supportive space for family members, friends, caregivers, and anyone else navigating the challenges of dementia

WHAT TO EXPECT

- A welcoming, confidential space to share and be heard
- Practical tools and strategies for daily challenges
- Guidance on emotional, physical, and psychological impacts
- Education on the importance of respite and self-care
- Guest speakers and dementia-care experts

WHEN AND WHERE

Last Thursday of Every Month

10:00 am to 11:00 am

1636 E. Mission Road, Fallbrook, CA 92028

**BECAUSE CARING FOR SOMEONE WITH DEMENTIA
MEANS ALSO CARING FOR YOURSELF!**

CALL 760-723-7570

TO REGISTER IN ADVANCE

Hosted by: Center for Senior Wellbeing • **Facilitated by:** Silverado Dementia Care Group

Space provided by: FRHD Community Health & Wellness Center

