center for Senior Wellbeing
activities • services • connections

DEMENTIA
SUPPORT GROUP



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

WHEN AND WHERE

Second Thursday of Every Month
10:00am to 11:00am
CSW-East • 399 Heald Ln. • Fallbrook, CA 92028

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

CALL 760-723-7570
FOR MORE INFORMATION

Hosted by: Center for Senior Wellbeing
Facilitated by: Julia Struntz, Patient Care Navigator, Radiant Hospice

Radiant HOSPICE