

alzheimer's  association[®]
Dementia Caregiver
Support Group

Presented by the Alzheimer's Association
Minnesota-North Dakota Chapter
and the Lakes Area Memory
Awareness Advocates



Build a support system with people who understand.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.


LAKES AREA MEMORY AWARENESS ADVOCATES

Recurring Each Month

**2nd Friday of each month from 2:00p.m. to 3:30 p.m. at
The Center, 803 Kingwood St in Brainerd**

Questions? Contact Kent O'Grady at 612-868-7260 or email at: kent.ogradey@gmail.com

Minnesota-North Dakota Chapter

Minnetonka, MN