The Caregiver Connection provides ongoing educational and emotional support for caregivers of adult family members with dementia or special needs.

Join us each month to take part in group discussions led by licensed professionals and learn more about:

- Benefits of connecting with others
- Accepting your feelings
- Changing roles and relationships
- Importance of attending to your own needs
- Reducing caregiver strain
- Coping strategies
- Planning for the future
- Accessing community resources

Participants are encouraged to bring their lunches; dessert will be provided.