



## CAREGIVER SUPPORT GROUP

Alzheimer's Association Central Ohio Chapter in partnership with Central Ohio Area Agency on Aging

alzheimer's  association

Central Ohio Chapter



### DETAILS

**New Schedule** beginning **January 14, 2019**  
Meets 10 - 11:30 a.m second **Monday** of each month

Location: Central Ohio Area Agency on Aging  
3776 S. High Street  
Columbus, Ohio 43207

### CONTACTS

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For a complete listing of support groups and other programs serving Central Ohio visit [alz.org/centralohio](http://alz.org/centralohio).

To further extend your network of support, visit **ALZConnected**<sup>®</sup>, our online community, at [alzconnected.org](http://alzconnected.org).

### Build a support system with people who understand.

Alzheimer's Association<sup>®</sup> 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.