

caregiver support groups



If you are caring for a loved one with memory loss or dementia, you may benefit from a support group. Providing care for a loved one can be overwhelming, often leading to isolation and depression. A support group will provide you with an opportunity to:

- ♥ Share experiences and feelings
- ♥ Receive encouragement from others
- ♥ Problem-solve difficult situations
- ♥ Learn about dementia and similar conditions



Alzheimer's Family Services Center Support Groups

Alzheimer's Family Services Center
9451 Indianapolis Avenue
Huntington Beach

**2nd & 4th Wednesdays
6-7:30 p.m.**

For more information please call

(714) 593-9630

Or visit for more information

www.AFSCenter.org



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Affiliated with the Hoag Neurosciences Institute