



Family Caregiver Support Group

**Presented by: Alzheimer's Association
California Southland**

Second Thursday of each
Month 10:00 a.m.–11:00
a.m.

In-Person

Please contact Judith Martinez at 909.406.5271 or
jemartinez@alz.org to confirm meeting date and time.

REGISTER at: 800.272.3900

Where: Our Lady of the Valley Catholic Church
780 S. State St, Hemet, CA 92543

Visit alz.org/socal to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at alzconnected.org.

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for caregivers of people living with dementia to:

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



❖ HOLY SPIRIT CATHOLIC CHURCH PRESENTS ❖

YOUNG ADULT MINISTRY 18+

MEETING TIME: SATURDAYS AT 6 PM

LOCATION: YOUTH OFFICE

HEMET.YAM@GMAIL.COM