

Care Partner Support Group

Healthy Aging Center Laguna Woods



If you are a family caregiver or a friend of a person with dementia, this informal discussion offers resources for problem solving, educational information, as well as emotional support.

It is a place to share experiences and feelings and hear from others in similar situations.

You are not alone on this journey. Come as you are and meet other caregivers with related concerns.

**LAGUNA
WOODS**
Healthy Aging Center
THERAPY + EXERCISE + FRIENDS + INDEPENDENCE



Location:

Healthy Aging Center

**24260 El Toro Road
Laguna Woods**

Day & Time:

**2nd Wednesday of the Month
2:30 PM**

Contact:

supportgroups@alzoc.org

***Free respite available
Pre-registration required,
please call: 949-855-9444***