



**3** great support group opportunities  
designed especially for caregivers.

## EDUCATIONAL SUPPORT GROUPS FOR CARE PARTNERS OF PERSONS WITH DEMENTIA

### WEEKLY SUPPORT GROUPS

**Every Wednesday**  
**1 – 2:30 pm CST • Online**

**Every Friday**  
**11 am – Noon CST • In-person at**  
**James L. West Center**

### MONTHLY SUPPORT GROUPS

**Second Saturday of Every Month**  
**10:30 am – Noon CST • Online**

The Saturday group focuses on working  
through the grief and embracing the joy  
of being a care partner.

All support groups are designed to help caregivers reduce their feelings of stress, depression, and anxiety, and to improve their coping skills and well-being. There is a topic of discussion each week, as well as time for open conversation.



## Everyone is welcome to join our support groups!

*Our Support Groups are led by Hollie Glover, Licensed Professional Counselor,  
Certified Grief Counseling Specialist, and Dementia Care Expert.*

To join a group or for more information contact us at **817-877-1199**,  
**hlowe@jameslwest.org**, or visit our website at **www.jameslwest.org**.

Funded in part by



The James L. West Center provides expert dementia care and education in Fort Worth and North Texas. We offer individualized memory care through our residential and respite services, short-term rehabilitation, senior day program, and dementia and caregiver education programs to enhance the quality and dignity of each person's life throughout the course of the disease process.