



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

### MONTHLY SUPPORT GROUPS

**Second Saturday of Every Month  
10:30am – 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](mailto:hlowe@jameslwest.org), or visit our website at [www.jameslwest.org](http://www.jameslwest.org).

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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.